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THE
HOMŒOPATHIC
DOMESTIC PHYSICIAN,

BY
C. HERING, M.D.

REVISED AND CORRECTED FROM THE AUTHOR'S LAST EDITION, WITH ADDITIONAL
MATTER, AND DIRECTIONS FOR THE ADMINISTRATION AND
REPETITION OF THE DOSES.

THIRD EDITION.

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JOHN WALKER, 61 CONDUIT STREET, REGENT STREET.

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PUBLISHER'S PREFACE

TO THE
THIRD EDITION.

THE high estimation in which the Domestic Homœopathic Physician, by DR. CONSTANTINE HERRING, is held by the homœopathic practitioners and public in this country, induced the Publisher to reprint it, with such additions and verbal corrections, as would render it still more useful to British homœopathists; a skilful homœopathic physician undertook the task, and the fact of this, a third edition, being required in the course of four years, proves that it has met the approval of those for whose service it was intended.

In this edition, a few further additions have been made, especially instructions as to the treatment of Diphtheria and Hay Fever.

Directions for the doses of the medicine and the method of preparing them, will be found in page xx of the introduction, and must be attended to.

61, *Conduit Street, Regent Street,*

August, 1860.

INTRODUCTION.

THIS book is designed as a guide, by the aid of which a cure may be effected, in many cases of disease, with homœopathic medicines. It offers itself to those whom experience has convinced of the inestimable advantages of the new system of *Hahnemann*, with the familiarity of an old friend; and claims from those who have had no opportunity of testing its merits a candid consideration of its worth.

It is intended to be an adviser, to which parents may refer in most cases of indisposition in their families, and which will obviate the necessity of consulting a physician on every trifling occasion. To persons living in remote parts of the country, it will prove particularly valuable—as medical aid, especially at night, is procured not unfrequently with much trouble, expence, and delay; but, with this guide at hand, relief can be obtained in most of the ordinary cases of disease.

As this work is intended for the great mass of the community, and to make the homœopathic doctrines intelligible and useful to all, the author has tried to express himself with distinctness and simplicity throughout, in order to be *generally* comprehended. All being subject to disease, the author has endeavoured, in this common place, familiar style, to enable every one, to a certain extent, to prescribe for himself. But a familiarity with the contents of this book can make no one a homœopathic physician. It has been said by the opponents of our doctrine, that an acquaintance with the old system of medicine was unnecessary to a homœopathic physician: but this is a great error. No one can be a successful disciple of *Hahnemann*, who is not well versed, as *Hahnemann* himself was, in the learning of the medical schools; and it would be just as impossible for him to act judiciously without a knowledge of anatomy, physiology, pathology, surgery and materia medica, together with chemistry and

botany, as for a man ignorant of navigation and seamanship to carry a vessel with safety into port.

If, in giving this work to the public, the author can aid in driving from common use the so-called domestic remedies, such as chamomile, hoarhound and other teas, paregoric, Epsom-salts, magnesia, and the whole host of such-like trash, including all the nostrums or patent medicines, some of which are to be found in almost every nursery, and the habitual use of which is such a prolific cause of the almost innumerable drug-diseases, he will have accomplished the chief object of its publication, and have substituted for this irrational and pernicious practice one much more judicious and rational.

Directions for Prescribing.

EXAMINE the table of contents, until you find the chapter where the complaint is spoken of for which you wish to have advice. Do not look for the common name only which may be given to such a complaint by the Old-School Doctors. Most of these names are calculated to mislead; but look for the principal symptoms of which the patient complains. In order to facilitate this as much as possible the work is divided into two parts; the *first* treats of the most common causes of disease; the *second*, of diseases occurring most frequently in the different parts of the body. Therefore, when the cause of sickness is obvious, or probable, first examine what is said of it in Part I.; then see what is said of the *disease* in Part II. The latter are treated of in regular succession, commencing with the *head, neck, breast*, and so on downward, enumerating under each head the diseases to which that part is principally subject, and concluding with *General Diseases*.

By bearing this arrangement in mind, the reader will readily find what he may desire. Suppose a case of cold attended with headache and diarrhoea; look first for "Cold" in the first part, chapter second, then for "Headache" in the second part, chapter first; then for "Diarrhoea" in the same, chapter tenth. If a person is taken sick, and the direct cause be not perceptible, but the patient complains of pains in various parts of the body, examine the affections to which these several parts are subject: thus you will readily find the remedy applicable.

When the patient is ill, and appears to suffer from several complaints at the same time, it is well to ascertain and note down all the symptoms, without referring to the book, lest the patient imagine, as sometimes happens, something different from what is really the case, and thereby lead to the application of an improper remedy. Having thus noted accurately the complaints of the patient, then inquire minutely into all the attending circumstances. 1st. The precise locality of the pain. 2nd. Require of the patient a description of the pain, and to what it may be compared—whether tearing, cutting, beating, throbbing, &c. 3rd. The occasion of its getting worse or better, according to the time of day—morning, evening or night—to the weather, whether damp, cold or dry—to the position of the body, whether still, or in motion—whether before or after eating—after sleep, when touched, pressed, &c. 4th. Note the combination of symptoms, if any; for instance, when coughing is accompanied with headache; or headache with inclination to vomit; or with this inclination, shivering, &c. Having written down these observations, then look into the book for the principal symptoms and you may find the proper remedy.

Do not be discouraged because of the difficulties experienced at first in finding a suitable remedy, as these difficulties will vanish as soon as you become familiar with the book.

Administration of the Medicines and Repetition of Doses.

THE medicines may either be administered dry, by placing them upon the tongue, or dissolved in water.

Where only one or two doses of the medicine is necessary, or when the interval between the doses is beyond twenty-four hours, two or three globules should be placed dry on the tongue. For infants one globule will be amply sufficient for a dose.

Where repeated doses of the medicine at short intervals are required, the appropriate remedies should be administered in solution in water. For this purpose take a clean tumbler which has contained nothing but milk or water, else you must rinse it first with cold and afterwards with hot water, dry and heat it on a stove as much as the glass will bear, and then suffer it to cool. Half fill it with pure water, or as pure as you can get it, put six or eight globules—or if the tinctures are used, one to three drops—of the medicine into the water and mix it thoroughly.

When thus prepared, a tablespoonful to adults, or a teaspoonful to children may be given at a time*. In violent cases the medicine may be repeated every one, two or three hours; but in chronic complaints, or those of long standing, not oftener than once or twice a day.

If large globules—commonly called *pilules*—are used, one is the appropriate dose, and may be taken with a mouthful of water, in place of using the medicines in solution.

When the patient, after taking medicine, begins to feel better, however little, he should discontinue it, lest the healthful progress of the cure be interfered with by taking too much; but as soon as the convalescence ceases the same medicine should be taken again; or in case his symptoms have altered, another more appropriate one.

Sometimes the medicine aggravates the symptoms, and makes the patient *temporarily* worse, which is, nevertheless a good sign. In such cases the patient should cease taking it, and wait for the effects. Should the aggravation be violent, it may be relieved by smelling camphor or taking the appropriate antidote, mentioned at the end of the book. If the beneficial effects of the medicine be interrupted, or cease entirely, and the patient grow worse in consequence of taking cold, eating improper food, &c., he should take a medicine to counteract the cause which occasioned this interruption, and then recur again to the medicine which he had previously taken.

With regard to the external application of the *Tinctures of Arnica, Ruta, Hypericum, &c.*, a lotion of sufficient strength for most purposes may be made by putting five or six drops of the tincture in half a tumbler of water. It may be applied to the injured part three or four times a day, or as often as mentioned under each particular case.

While taking homœopathic medicines, strict attention should be paid to the following rules of diet.

Regimen of the Sick during Homœopathic Treatment.

THE general rule to be observed is, that patients should partake of light, digestible, nourishing food to satisfy hunger; and of such

* For very young infants, who will frequently refuse to swallow water, it will be found most convenient to put dry a globule of the required medicine into the mouth.

drink as nature requires to allay thirst; and abstain from everything of a medicinal or injurious nature.

In acute or febrile diseases, only the lightest and most simple kinds of nutriment are proper, *viz.*:

Pure cold water in preference to all other drinks; or water with the addition of some sugar, raspberry or strawberry syrups, or quince and apple jelly prepared without spices. Barley-water, rice-water, thin oatmeal gruel, panada, gum Arabic water, whey, milk and water, preparations of arrow-root, sago, tapioca, semolina, or tous-les-mois, all without any other seasoning than a little salt or loaf sugar, or one of the syrups above-mentioned.

Toast-water; the toast should be made from stale bread, either home-made or from bakers who make use of neither potash, soda, or alum; the slices ought to be thin and thoroughly toasted, but not too brown, and never black. To make a good toast-water, pour boiling water on the toast while hot and let it stand.

Ice-water is often injurious and increases the thirst. The water after being filtered if impure, should be cooled if possible without putting the ice in it.

If that cannot be conveniently done, put a lump of ice in the water and take it out again as soon as the water is sufficiently cooled.

Most kinds of ripe succulent fruits, possessing little or no acidity, fresh or prepared by cooking, and eaten in moderate quantities; as ripe grapes, sweet apples, pears, peaches, raspberries.

Some kinds of dried fruits; as apples, quinces, peaches, cherries, prunes, dates, figs, &c.

All imported dried fruits, especially raisins, figs, &c., ought to be well washed before they are used, first in cold and afterwards in warm water.

Sweet oranges when well ripened are allowed, but all decayed, spotted, and sour ones, ought to be avoided.

With regard to apricots, nectarines, plums, gages, watermelons, and cherries, the physician should be consulted.

No fruit whatever should be used in cases of colic, diarrhoea, dysentery or cholera.

When the more violent symptoms of acute diseases have subsided, and the appetite calls for more substantial food, a wider range may be gradually taken in the choice of aliment, and all the articles used which are allowed in chronic or long-continued diseases, *viz.*:

All kinds of light and not too fresh bread, and plain biscuit con-

taining no potash, soda, alum, or other similar ingredients; cakes made of meal, eggs, sugar, and a little butter; arrow-root, rice and other cakes not raised with fermenting powders; light puddings and dumplings of wheat, rye, Indian meal, rice, tapioca, sago, oatmeal or bread, without wines, spices, or rich sauces, hominy, rice, groats and pearl barley boiled with water, milk or soup.

Potatoes, turnips, carrots, beets, salsify, artichokes, spinach, cabbage, cauliflower, green peas or beans, the green pods of scarlet and French beans; and in some cases also, asparagus, mushrooms, dried peas, beans, lentils, millet, haricot beans, &c.

Milk, raw or boiled, fresh buttermilk, whey, milk posset; but care should be taken not to use milk from unhealthy cows.

Icc-creams with the syrup of strawberries and that of other allowed fruits, and not flavoured with aromatics nor coloured with cochineal or other injurious drugs.

Pure, plain chocolate or cocoa, and in some cases weak black tea.

Butter, free from any rancid or unusual taste, cream, mild fresh cheese, milk cheese, curds and other simple preparations of milk; plain custards, pure sweet olive oil.

Raw and boiled eggs and egg-tea, except in diarrhoea.

Soups and broths of animals and vegetable substances elsewhere allowed, seasoned with a little salt only; beef tea,* mutton broth, and chicken water, after having been boiled for at least half an hour.

Beef, mutton, all kinds of tongues, venison and wild game, the lean part of ham, pigeons, chickens and turkeys; the latter only in the winter season, and not in all cases.

Cod, haddock, whiting, sole, turbot, trout, pike, perch, carp, mackerel, herrings. Salt fish may rarely be taken, and that only after having been well soaked in cold water before it is boiled.

Oysters, raw, roasted in the shell, or boiled in soup.

Salt, and also sugar or molasses, and most kinds of preserves, except orange marmalade, may be used, but always with great moderation.

Should any of the allowed articles of diet disagree with the patient, on account of some constitutional peculiarity, or the nature of the disease, they should be avoided by him, though they may be perfectly wholesome for others.

* In order to make the best beef-tea, the beef should be cut up into small pieces the size of dice and allowed to soak in the cold water for at least 12 hours before it is boiled.

The patient should not overload his stomach, nor oppress it with various or incongruous dishes. The demands of the appetite for solids are to be satisfied at stated and not too frequent periods, and at no other times.

Regularity in the time of eating is of great importance.

The diet of children at the breast should not be changed during their sickness; but in such cases that of the mother should be regulated according to the preceding rules.

ALIMENT FORBIDDEN,

Unless especially allowed by the Physician.

The flesh of all young animals, and particularly veal; geese, tame ducks; the liver, lungs or tripe of animals; turtles, eels, crabs; old smoked or salt meat, sausages, mince pies, rancid butter, strong or decayed cheese, lard, fat pork, roast pig.

Food prepared from blood, and much animal fat.

All highly seasoned soups, sauces, melted butter, pepperpot.

Cakes prepared with much butter, or with aromatics; pastry, pies, honey, and all kinds of coloured confectionery; all kinds of candies, excepting rock and barley sugar.

All kinds of nuts and fruits not mentioned amongst the allowed articles.

Vinegar of all kinds, salads or cucumbers prepared with it; pickles prepared with spices or greened with copper; parsnips, parsley, celery, radishes, horse-radish, garlic, onions; all kinds of pepper, catsups, mustard, saffron, nutmeg, ginger, lemon or orange peel, vanilla, laurel leaves, bitter almonds, peach kernels or peach leaves, cloves, cinnamon, allspice, fennel, aniseed, sage, thyme, mint, &c.

All kinds of distilled and fermented liquors; coffee and green tea; lemonade and drinks prepared with acids.

All natural and artificial mineral waters.

Coloured toys, if the colours are not fixed, are on all occasions to be withheld from children.

All perfumery, particularly musk, hartshorn, camphor, paccioli, Eau de Cologne, Eau de Luce, or other aromatic waters, strong smelling flowers, cosmetics and scented or medicated tooth-powder must be avoided.

Tobacco, if used at all, should be used very moderately.

Every medicine, excepting those prescribed by the physician, ought to be avoided; not only all medicines procured at the shops, and all such as are empirical, but every description of domestic medicines, as all manner of herb teas, syrups, medicated poultices and irritating or medicinal substances applied to the skin.

Blood-letting by the lancet, or by leeches and cups, and laxative injections, except of those of cold or lukewarm water, are likewise forbidden.

Hot baths are to be strictly avoided, especially baths impregnated with herbs, sulphur, and other medicaments. Tepid or cold sponging baths may be used, by most patients daily, by all occasionally for the purpose of cleanliness. For other employments of cold water the advice of an experienced physician must be sought.

Linen, cotton, silk or leather, worn next the skin is preferable to flannels, excepting for persons much exposed to the weather, or for little children.

The patient should, if possible, use moderate exercise in the open air for an hour or more daily; and his chamber should be well ventilated every day.

Recovery is frequently dependent on a good moral regimen.

Physical labour, which gives the mind the proper direction to usefulness, while it exercises the body, should be daily used in chronic diseases as far as the strength will allow of it.

Homœopathic medicines should not be taken too soon after eating; and for about an hour after taking them the patient had better abstain from eating or the use of tobacco, and, if possible, from much mental or bodily exertion.


The medicines are to be kept in a dry and not too warm place, free from odours; they should also be excluded from the light.

LIST OF MEDICINES.

The figure affixed to each medicine indicates the dilution most advisable to possess for ordinary use; and that recommended for the case of the amateur. A variety of dilution is often required, and should be at the command of the medical man, but the refinements of practice cannot be taught in a domestic work. The medicines may be got in tincture, globules or pilules. For ordinary practice the two latter are more convenient.

*Aconitum napellus 3	Cuprum aceticum 1st trituration	Phosphoric acid 12
Agaricus muscarius 12	Cuprum metallicum	Platina 6
Ammonium carboni- cum 12	Digitalis purpurea 6	*Pulsatilla 3
Angustura spuria 6	Drosera rotundifolia 6	Rheum 3
Antimonium crudum 12	*Dulcamara 3	*Rhus toxicodendron 3
3rd trituration	Euphrasia officinalis 3	Ruta graveolens 3
Argentum nitricum 6	Ferrum aceticum 6	Ruta graveolens tinct.
*Arnica montana 3	Glonoine 3	Sabina 6
*Arnica tincture	*Graphites 12	Sambucus nigra 3
*Arsenicum album 6	*Hepar sulphuris calca- rea 6	Sanguinaria canadensis 6
Aurum metallicum 6	Hepar sulphuris calc.	Sarsaparilla 3
*Belladonna 3	3rd trituration	Secale cornutum 3
Bromine 3	Hyoscyamus niger 6	Senega 3
*Bryonia alba 3	Hypericum perforfoliatum tincture	Sepiæ succus 12
*Calcarea carbonica 12	*Ignatia amara 3	Silicea 12
*Calendula tincture	Iodiue 6	Spigelia anthelmia 6
*Camphor spirit	*Ipecacuanha 3	*Spongia marina tosta 3
Cannabis sativa 3	Kali bichromicum 6	Staanum 6
Cantharis 6	Kali carbonicum 12	Staphisagria 6
Cantharis tincture	Lachesis 12	Staphisagria tincture
Capsicum annuum 6	Lobelia inflata 6	Stramonium 6
Carbo vegetabilis 12	Lycopodium 12	*Sulphur 12
Causticum 12	Mercurius iodatus 2	Sulphur 3rd trituration
Causticum tincture	*Mercurius sublimatus corrosivus 6	Symphytum officinalis tincture
*Chamomilla 3	*Mercurius vivus 6	Sulphuric acid 12
*China officinalis 3	Mezereum 6	Tabacum 3
*Cina 3	Natrum muriaticum 12	Tartarus emeticus 6
Cinnamomum tincture	Nitri acidum 12	Tartarus emeticus 1st trituration
Cocculus 3	*Nux vomica 3	Teucrium 6
*Coffea cruda 3	*Opium 3	Thuja 6
Colchicum autumnale 6	Petroleum 12	Urtica urens tincture
Colocyntis 6	*Phosphorus 6	*Veratrum album 3
Conium maculatum 6		Zincum metallicum 6
Crocus sativus 3		
*Cuprum aceticum 6		

The medicines to which an asterisk (*) is prefixed are those recommended for the smaller box to accompany this work. The tinctures should be kept in a separate box.

 For the Antidotes to the above Medicines, their English names, and Diseases used in, see page 498.

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N.B.—The directions at page 13 respecting doses should be attended to.

When the medicine is ordered to be given *in solution* (in sol.) it may be made by putting six globules (or one drop if tinctures, and one grain if triturations are used) into half a tumblerful of water. The dose of this is, for an adult, one tablespoonful ; for a child, one teaspoonful. If pilules are used, one pilule washed down with a mouthful of water is the usual dose.

When the medicine is directed to be given *dry*, two globules or one pilule are to be placed upon the tongue and allowed to dissolve.

The sign (6 h.) means that the dose is to be repeated every six hours. In like manner (12 h.) means every twelve hours, (*i.e.*, night and morning); 6—12 h.) means every six to every twelve hours ; (2—3 d.) signifies that one dose of the medicine is to be given every second or third day ; (n.) implies that it is to be given at night ; (m.) that it is to be given in the morning.

It is believed that these simple directions will serve to supply what many have felt to be a very serious defect in the former editions of this Domestic Guide.—EDITOR.

PART FIRST.

OF THE MOST COMMON CAUSES OF DISEASE.

CHAPTER I.

AFFECTIONS OF THE MIND.

Sudden Emotions.

THE injurious consequences by which these emotions are often followed may appear immediately, or they may not be manifested for some time afterwards.

If the exciting cause be an agreeable surprise, producing pleasurable sensations, accompanied by great excitement, trembling, fainting, &c., an occurrence happening frequently to women and children, give *Coffea* (dry), and repeat (in sol.) every hour if necessary.

If injurious consequences result from a common *fright*, caused by a sudden noise, &c., give *Opium* (dry), if it can be given immediately; but if a half hour, or an hour, should have elapsed, *Aconite* (dry) is preferable. Should the latter, however, produce no effect, give *Opium* an hour after—then waiting from a half hour to an hour, give both alternately (in sol.).

If the *fright* was accompanied with great *terror*, *Opium* is the best remedy; and afterwards, if required, those recommended under "*Fear*."

If the *fright* was accompanied by *vexation*, *Aconite* is a good remedy; if followed by *sadness* or *grief*, *Ignatia* (dry) is preferable.

If *fright* is attended by its worst consequences, pains in the forehead, sour vomiting or eructation, weakness and cold perspi-

ration, or stupor with internal heat, agitation and heaviness in the abdomen, or coldness of the body, with trembling or nervous twitching, oppression of the chest, stiffness of the limbs, unnatural sleep with difficulty of breathing, &c., give Opium (dry); if this proves ineffectual, Aconite, which may be repeated every three hours if necessary (in sol.).

If the *fright* is followed by twitching of the limbs, or convulsions, insensibility, momentary blindness, difficulty of breathing, or involuntary evacuations, give Opium (dry); or if this should have no effect within half an hour, Ignatia (dry).

When children have been frightened into fits, and scream, tremble, or have twitchings in the arms and legs—if the head is hot, with much perspiration and redness of the face, give Opium (dry); if the desired effect is not produced, give Belladonna (dry); but if they become very pale, Ignatia (dry); if very cold, and they have involuntary evacuations, give Veratrum (in sol.) every time the bowels are moved.

In cases of simple vomiting, or sickness of the stomach, caused by a *fright*, Aconite (dry). For simple diarrhœa, caused by sudden mental emotion, give Opium (in sol.) every time the bowels are moved; and if it returns, the patient being excited, Aconite in the same way. If this proves ineffectual, give Veratrum.

For fainting, after a fright, Opium (dry); if the patient becomes cold, sprinkle his face and bathe his feet with cold water; if it returns, let him smell Camphor spirits at short intervals.

When after a *fright* there is much determination of blood to the head, give first Opium (dry), if this fails, Aconite (dry), and if it returns within 6 or 8 hours, Belladonna (dry).

When after a *fright* a person continues to be greatly agitated, Belladonna (dry) will afford relief.

If *fright* or *mortification* produces derangement of the mind, give Belladonna (in sol. 6 h.). If this proves insufficient, particularly if the patient is very indifferent, or low spirited, alternating with paroxysms of laughter, or if he displays much pride and contempt for others or is agitated, or fears the approach of death—or when, with females, it is accompanied with a copious

menstrual discharge, give Platinum (in sol., 6 h.); should the discharge, however, be trifling, give Pulsatilla (in sol., 6 h.).

If Belladonna has been previously given, and the patient remains much agitated, the least exertion producing trembling and rushing of blood to the head, inability to sleep on account of frightful visions, is worse at night, cannot bear the heat of the bed, wishes to escape, is quarrelsome, complains of his friends and of all about him, give Mercurius vivus (in sol. 6 h.).

Fear is not unfrequently combined with fright, and the same remedies may be used to which reference has been made under the foregoing head. When children are very timorous, give Aconite (dry) in the evening, or Belladonna (dry) in the morning.

For diarrhœa, caused by fear, give Opium or Veratrum—and when the body feels hot and the limbs cold, Pulsatilla (in sol.), every time the bowels are moved.

When other symptoms appear, particularly stupefaction, difficulty of swallowing, convulsions, laughing when asleep, starting, constant apprehension, a desire to escape, give Hyoscyamus (in sol., 3 h.).

Grief and Sorrow.

The consequences with which grief and sorrow are attended, are worse than those of other affections of the mind; they either follow soon, and suddenly, or they become protracted, if these affections are of long continuance. The first may be soon removed—the latter not always—and without the proper moral remedy, medicines are useless. Whoever cannot find the former, need not expect relief from the latter.

For silent, inward grief, combined with mortification, for suppressed vexation, which we cannot quiet, for silent grief caused by misplaced affections, or in consequence of losses which we cannot forget—for something continually preying upon the mind, give Ignatia (in sol., 12 h.), which in many cases may be continued for a day or two.

When vomiting, sickness of the stomach, or headache and giddiness occur, give also Ignatia (in sol., 6 h.); and if this fails, after four doses, Phosphoric acid in the same way.

When fits are caused by grief or mortification, give Ignatia (dry) first; if this does not relieve, give Opium (dry) during the attack, and after it Phosphoric acid (dry); the latter to be repeated the day after every attack—or give it in water every day for a week.

When grief is caused by disappointment *in love*, give Ignatia (in sol., 12 h.), and after some days, if necessary, Phosphoric acid (dry)—particularly when the patient is very quiet, taciturn, or has a slow fever.

If the patient is jealous, violent in his motions, quarrelsome or delirious, give Hyoscyamus (dry). If he talk much and disconnectedly, changing the subject of his conversation abruptly, give Lachesis (dry). When contempt of persons heretofore esteemed is shown in his acts or words, give Platinum (dry). The same if a patient in such a state confesses his temptation to kill such persons. After grief and loss of sleep in consequence of watching at the sickbed of dear persons, if headache and nervousness follow give Cocculus (dry); if there be great exhaustion, the patient scarcely able to speak, Phosphoric acid (dry); if entire sleeplessness continuing for many nights, Sulphur (dry); a dose of these medicines may be given every night at bed-time.

When other kinds of mortification have produced a derangement of intellect, give Belladonna (dry): if this fails to relieve, on the following day give Phosphoric acid (dry). In circumstances spoken of under the head "*Fright*," Mercurius vivus and Platinum (dry) may be given.

When caused by *home-sickness*, and the patient cannot sleep—is hot and flushed in the face, give Hyoscyamus (in sol., 12 h.), and if this should not give sufficient relief within a few days, Capsicum (in sol., 12 h.). But if, nevertheless, the patient is evidently wasting away, does not wish to speak, perspires much in the morning, is sleepy and stupid, give Phosphoric acid (dry, n.). When the patient is very weak, trembles, is uneasy, agitated, particularly during the night, is chilly, perspires during the night, give Mercurius vivus (dry n.).

For protracted effects of grief and sorrow, when the patient is irritable, cross, uneasy, fearful, dejected, anticipating danger,

dreads the future, frets and grieves constantly, is sleepy during the day, but cannot rest at night, perspires night and day, loses the hair, the voice becomes feeble, give *Staphisagria* (dry, n.). If he is contemptuous, refuses to speak, is feverish, and loses flesh, give *Phosphoric acid* (dry n.). If quarrelsome, obstinate, sensitive, and manifesting great anxiety, give *Mercurius vivus* (dry n.). If the menstrual discharges are produced by grief, fright, anxiety or fear, varying much in quantity, give *Platinum* (dry, n.)

Vexation.

If grief or shame is the consequence of vexation, give *Ignatia* (dry). If vexation is followed by coldness or chills, and the patient remains cross, give *Bryonia* (dry); should *Bryonia* not suffice, give *Nux vomica* (dry). If the vexation is accompanied by just and violent indignation and abhorrence of the occurrence which induced it—if he rejects everything that is offered to him, give *Staphisagria* (dry); but in some cases, this medicine will answer only when taken alternately with *Colocynth* (dry); the latter is to be preferred, when there are pains in the bowels, especially if they occur after meals, or are increased by taking food.

Chamomilla (in sol., 6 h.) generally answers best when the vexation is attended with violent fits of anger and great heat. If vexation produces cough, or palpitation of the heart, asthma, spasms in the chest, so that the patient is threatened with suffocation, give *Chamomilla* (in sol., 6 h.). In this case it will be well also to put the hands for a short time in cold water; and if this fails, to bathe the arms in warm water until he is better.

If vexation causes a bitter taste, retching and vomiting of bile, headache, oppression at the heart or stomach, cutting pains in the bowels, diarrhoea, fever with heat and thirst, redness of the face and eyes, agitation, bilious fever or jaundice, give *Chamomilla* (in sol.), which may, in some cases, be repeated in from 6 to 12 hours, according to circumstances. If the patient is cold and

chilly, give *Bryonia* (dry), and if it produces no effect in eight hours, give *Veratrum* (dry).

If a person has drunk much chamomile tea, and has afterwards been vexed, or if he has taken, improperly, chamomile tea for fever, give *Coffea* (dry), and if this does not relieve, give *Nux vomica* (dry). If, after this, pains still remain, give *Colocynth* (dry). If the patient is naturally of a mild disposition, and *Colocynth* does not effect a perfect cure, give *Pulsatilla* (dry).

When food or drink, taken immediately after being vexed, produces bad taste, bitter eructations, vomiting of bile, pain in the bowels, heat of the head, uneasiness, disturbed sleep, &c., give *Chamomilla* (in sol., 4 h.) once or twice; but if it recurs frequently, and this medicine loses its effect, give *Pulsatilla*, *Nux vomica* or *Colocynth* (all in sol., 4 h.).

Anger.

When persons of violent temper feel unwell, after having been in a passion, give *Nux vomica* (dry). If the anger be attended by just indignation, and the person is not of a sanguine temperament, give *Staphisagria* (dry).

If anger and vexation produce mental alienation, give *Platinum* (in sol., 12 h.). When little children get into so violent a rage as to lose their breath or fall into convulsions, give *Chamomilla* (in sol., 1—3 h.). If they shriek and weep violently, with frequent attacks of coughing, give *Arnica* (in sol., 4 h.). If they continue to cry and will not be pacified, give *Belladonna* (dry), and if this fails to relieve, *Hepar* (dry); one dose of the latter medicine will usually suffice.

Sensitiveness and Irritability.

These are causes of indisposition with many persons, who are sensibly affected by the most trifling emotion. If owing to this great sensitiveness there should be inward vexation, sleeplessness, and a disposition to shed tears at the most trifling and imaginary causes, give *Coffea* (in sol., 12 h.) several times. The patient must, of course, abstain from drinking coffee. When

there is great irritability of the nervous system, of the organs of sense, agitation, and inclination to lie down, aversion to fresh air, a stubborn and refractory disposition, and when in females the menstrual periods are irregular, give *Nux vomica* (dry, n.); but when the patient is tranquil, easily moved to tears, or when the menstrual period is too late with persons of this disposition, and is insufficient or suppressed, give *Pulsatilla* (dry m.). If you do not always succeed with this, and the patient is fretful, give *Ignatia* (dry), if more peevish and passionate still, give *Chamomilla* (dry). If the patient is greatly excited, forms plans, and is exceedingly lively, particularly in the evening, give *China* (dry, n.). If the pain is distracting, give *Coffea* (in sol., 3 h.); if this does no good, and the patient has fever and a quick hard pulse, give *Aconite* (in sol., 3 h.), and if three or four doses of this fail to afford relief, give *Chamomilla* six hours afterwards.

When persons become flighty or distracted, from excessive pain, and are subject to its recurrence from a change of weather, or catching cold, and are worse by being touched, give *China* (dry). Should this prove ineffectual within six hours, give *Mercurius vivus* (dry). If by the pain the affection of the mind is increased to delirium and madness, give *Veratrum* (in sol., 6 h.).

CHAPTER II.

CONSEQUENCES OF COLDS.

THE most common results of taking cold are catarrh and cough, sometimes accompanied by fever, cold, diarrhoea, pains in the teeth, ears, or limbs. When selecting a medicine, it may be necessary to refer to the chapter where these disorders are more fully treated. Here we shall only mention what is to be done in the most common cases.

The first rule to be observed, in order to prevent bad effects from catching cold, is to keep warm, and see that the feet are kept dry; to abstain from the use of all spirituous liquors, which

almost always aggravate the complaint; and also from animal food and spices, if the cold is already bad.

When you feel that you have caught cold, without any decided consequences having yet manifested themselves, take Aconite (dry), or in the evening Nux vomica (dry). Drink a large tumbler of cold water before going to bed, both in winter and summer; cover yourself well and perspire. Either next morning, or before noon, the symptoms will generally have disappeared.

If children cannot be induced to drink water, or when you know from experience that it does not produce perspiration, let them drink milk and water, mixed together in equal quantities, sweetened with sugar, and very warm.

Chamomilla (dry), given to females in their confinement, will produce perspiration. If they complain of headache, especially on the right side, occasioned by a draught of cold air,—or of pain in the neck, in consequence of sitting up and being uncovered, give Belladonna (dry); if the pain extends to the shoulders, being partly brought on by holding the child, Rhus tox. (dry) will remove it; if the pain is more on the left side, is throbbing and shooting, and affects the lower jaw, the arms and the chest, Bryonia (dry) will afford relief; but if mostly confined to the temple, the eye, the upper jaw, or to the chest in the region of the heart, Spigelia (dry) should be given.

Robust labouring men or women, who, after having overheated themselves, catch cold, may take in the evening, on going to bed, a glass of hot water and sugar with which a small portion of brandy or rum is well mixed.

To a person who, in winter, has become quite stiff with cold and wet, give a cup of strong coffee, without milk, and if this should prevent him from sleeping at night, Nux vomica (dry).

When perspiration has been checked by taking cold, and it is followed by headache, earache, toothache, or pain in the bowels, give Chamomilla (in sol., 3—6 h.).

When a person, perspiring freely, gets drenched by a shower of rain, and indisposition follows, give Rhus tox. (dry). Should

no relief be experienced within ten or twelve hours, and if the patient had previously over-exerted himself, give *Bryonia* (dry).

When in the latter part of summer a sudden change takes place in the weather from hot to cold, and almost everybody complains of having taken cold, *Belladonna* (dry) should be given.

If perspiration of the feet, in those who have a great tendency to it, has been checked by taking cold, or otherwise, heat some bran in an oven, and cover the bottom of a small tub with it to the depth of three or four inches, place your feet upon this and pack the remainder around the legs so as to cover them over the calves. The bran ought to be as hot as it can be borne. Keep the feet in this *bran bath* for half an hour, and if this does not relieve, take *Silicea* (dry) evening and morning, and if required, once more a week after.

When *catarrh* results from a cold, and the patient can neither smell nor taste, give *Pulsatilla* (in sol. 8 h.).

When the *catarrh* is accompanied by much heat in the eyes and head, and soreness of the nose, give *Belladonna* (in sol., 8 h.). If the nose is entirely stopped up, *Nux vomica* or *Ipecacuanha* (in sol., 8 h.).

If a *catarrh* has been checked by fresh exposure to cold, and the symptoms are aggravated in the afternoon, or if the patient is dejected and fretful, give *Pulsatilla* (in sol., 8 h.); if he is worse at night or towards morning, or very cross, sensitive, and excited, *China* (in sol., 12 h.).

When an eruption has been checked, give *Ipecacuanha* (in sol., 2 h.); and if that does not avail, give *Bryonia* (in sol.) once or twice; if this does not relieve, give *Pulsatilla* (in sol., 6 h.); when the recovery from *catarrh* has been impeded by a fresh cold, attended with pain over the eyes, worse on the right side, the face flushed, give *Belladonna* (in sol., 6 h.); if the pain is worse on the left side and the face pale, give *Spigelia* (in sol., 6 h.).

Cough.

When *catarrh* is accompanied by cough, or when a dry cough remains after the first symptoms have disappeared under the

action of other medicines, give *Nux vomica* (in sol. 12 h.). If the cough is dry and excites vomiting, *Ipecacuanha* (in sol., 6 h.); if it is hollow and causes vomiting, *Carbo vegetabilis* (in sol., 12 h.); if accompanied with tough expectoration, particularly with children in winter, *Chamomilla* (in sol., 8 h.); if moist, *Dulcamara* or *Pulsatilla* (in sol., 8 h.); see "Cough," in Part II.); if the cough returns with every blast of cold air, give Phosphoric acid (in sol., 12 h.); if it returns every time that a foot or arm is exposed when in bed, and is hollow and fatiguing, give *Hepar* (in sol., 12 h.).

When the cough is caused by cold air, is dry and convulsive, with vomiting, or the expectoration is spotted or streaked with blood, if accompanied by a stitch in the side, or by headache, pain under the ribs, or if the cough is caused by a tickling in the throat, and the chest feels sore after it, and when the pulse is hard and quick, give *Bryonia* (in sol., 6 h.); but when the pulso is not very hard, if there is soreness in the chest after or during the cough, not so much a pricking as a scalding pain, oppression of the chest and palpitation of the heart, give *Carbo vegetabilis* (in sol., 12 h.).

Difficulty of Breathing.

When taking cold produces difficulty of breathing, and the patient appears as if suffocating, give *Ipecacuanha* (in sol.), which may be repeated every half hour or hour if necessary. If not relieved by this, give *Arsenicum* (in sol.) every hour until the patient is better. Sometimes the other remedies prescribed for oppression of the chest are preferable, especially *Nux vomica* (in sol., 2 h.).

Diarrhœa.

When immediately after taking cold *diarrhœa* appears, give *Opium* (in sol.) every time the bowels are moved. If this does no good, or if the *diarrhœa* does not appear for a day or so after, and it is attended with pain in the bowels, or other symptoms, give *Dulcamara* in the same way.

If the *diarrhœa* is not attended with pain, and continues through

the day, or commences in the afternoon, or if it is worse in the day-time and better at night, give Ferrum (in sol.), but if worse after midnight or towards morning, give Phosphoric acid (in sol.); if it is produced by eating ice or drinking ice water, look under Part I., Chapter IV.

When diarrhœa is caused by taking cold while in a state of perspiration, or by cold bathing, and is accompanied by much heat in the head, preceded by slight pain in the bowels; or if the pit of the stomach and the abdomen are sensitive to pressure, or the stools contain much undigested food, give Bryonia (in sol.).

If the discharges of undigested food are caused in part by drinking bad water, and Bryonia proves ineffectual, give China (in sol.).

When the diarrhœa is accompanied by much flatulence, by cutting pains about the navel during the evacuation, much straining and great weakness at the same time, with discharges of mucus and sometimes blood, or if the patient has drunk spirituous liquors, give Nux vomica (in sol.).

If there is much blood and mucus discharged, give the remedies recommended for dysentery. If it becomes tedious but is not violent, give Sulphur (in sol.).

A dose of each of the above remedies may be given after every motion of the bowels.

Pain in the Bowels.

If the pain in the bowels is violent, spasmodic, pressing, particularly before evacuations, if the latter are acrid, thin, brownish, and produce burning in the rectum, give China (in sol., 6 h.).

If the pain in the bowels is violent, tearing, twitching, with a sensation as if the intestines were in motion, so that the patient cannot remain quiet, but runs about; if it appears to the sufferer, as if a large ball were forming in the side, or as if the whole abdomen were hollow, accompanied by vomiting and sickness at the stomach, the diarrhœa watery, slimy, or greenish, with an odour like bad eggs, give Chamomilla (in sol., 6 h.)

If the cold is caused by exposure to the night air, and the diarrhoea is greenish and watery, with much pressure before the discharge, accompanied by a disposition to faint, the pains about the navel are of a pressing nature, below the navel griping, with a constant uneasy sensation, as if to evacuate, rumbling in the belly, griping in the pit of the stomach, tearing pains in the abdomen, which feels cold, accompanied by nausea, shivering and chills, give *Mereurius vivus* (in sol., 6 h.).

If partly caused by a disordered stomach, if the patient has eaten much pork, or rich pastry and the like, if the griping of the bowels is worse in the afternoon, or particularly in the evening, or during the night, if the wind rolls about in the stomach, or if the belly is sensitive to pressure, give *Pulsatilla* (in sol., 6 h.). The same to females in the family way, when the pains resemble labour pains.

When taking cold produces pains and disposition to cry, great sensitiveness and sleeplessness, give *Coffea* (in sol., 6 h.).

When the pains are so violent as to drive the patient almost mad, give *Chamomilla* (dry), and if that does not relieve, *Coffea* (dry).

Headache.

For violent headache from cold, with determination of blood towards the head, increased by walking or going up stairs, at every step, or on stooping; worse in the open air, with a feeling as if the head would burst, give *Belladonna* (in sol., 2 h.).

If the headache is more painful in some particular part than others, with buzzing in the ears, or difficulty of hearing, give *Duleamara* (in sol., 2 h.).

If the headache is caused by a draught of air, and is merely external, give *Nux vomica* (in sol., 4 h.); if internal, give *Belladonna* (in sol., 4 h.); if caused by bathing, and *Belladonna* does not cure it, if accompanied by nausea and giddiness, disordered stomach, worse when smoking tobacco, give *Antimonium crudum* (in sol., 6 h.).

Affections of the Eyes.

Affections of the eyes caused by taking cold, may best be cured by the remedies recommended for "Diseases of the eyes." In general *Dulcamara* (in sol., 12 h.) will relieve them. For much pain, heat, inflammation in the eyes, acrid tears and inability to bear the light, give *Belladonna* (in sol., 8 h.), and if this does not cure it, *Mercurius vivus* (in sol., 8 h.); if this fails, *Hepar* (in sol., 12 h.).

When the pains are less violent, but there is dimness of vision, so that the patient is unable to read and sees sparks before the eyes, or when the eyes are affected after every cold, give *Dulcamara* (in sol., 12 h.) followed by *Sulphur* (dry). If these fail, or if the patient has taken them already, give *Calcarea* (in sol., 12 h.).

Affections of the Ear.

These complaints arise frequently from taking cold. If there is constant buzzing in the ears and difficulty of hearing, give *Dulcamara* (in sol., 6 h.); and if not cured, or if it returns again after having left for some weeks, and *Dulcamara* is no longer efficacious, give *Sulphur* (dry, n.).

If accompanying the violent earache, consisting of tearing externally, shooting internally, the ear is dry, and the patient peevish, give *Chamomilla* (in sol., 6 h.), or when there are tearing, shooting, aching pains, give *Nux vomica* (in sol., 6 h.); when the mind is more easy, a disposition to cry, the ear moist or running, or very hot and red, and tearing, twitching pains, sometimes in the face, give *Pulsatilla* (in sol., 6 h.); or when it tears and shoots, with much buzzing, when it is not so hot and red, but is excoriated by matter, or when blood is discharged, when the glands around the ears or of the throat are swelled, give *Mercurius vivus* (in sol., 6 h.); and if that should not effect a complete cure, and the heat, redness and pulsating pain remain, pricking when blowing the nose, buzzing and throbbing, give *Hepar* (in sol., 12 h.).

If after the other symptoms are removed, the discharge of

matter, the buzzing and burning in the ears still remain, give Sulphur (dry, n.).

Toothache.

Toothache from cold, usually yields to Chamomilla or Rhus tox. (in sol., 6 h.), see the Chapter on "Toothache," Part II. If these remedies, however, should not relieve, give Dulcamara (in sol., 6 h.). But if the patient is subject to the toothache whenever he takes cold, he should take a dose of China (dry), and afterwards Sulphur (dry), not oftener, however, than once a week.

Sore Throat.

Affections of the throat from cold, will in most cases yield to Belladonna or Dulcamara (in sol., 6—12 h.), but it is necessary to have patience, and await the effect of the medicine. See Part II.

When sore throat is caused by drinking cold water, or by exposure of the throat, Belladonna is to be preferred; when the cold is general, Dulcamara. When the throat is constantly dry and hot, with frequent efforts at swallowing, much saliva in the mouth, or the tonsils are swollen, and speaking and swallowing are attended with shooting pains; if the patient hawks much, swallows with difficulty, or is in dread of suffocation, the throat seems too narrow, what he drinks regurgitates through the nose, if he is very hasty give Belladonna (in sol., 3—6 h.), and if this affords no relief, give Sulphur (in sol., 6 h.). When the pains are less violent, the tongue appears paralyzed, there is much perspiration, sometimes offensive, without giving any relief, the patient is more quarrelsome, give Dulcamara (in sol., 6 h.); if this fails, after four doses, give Mercurius vivus (in sol., 6 h.); or one of the other remedies prescribed under "Sore Throat" in Part II.

Nausea and Vomiting.

When these symptoms appear after a cold, particularly when a rash or other eruption of the skin has been suppressed, they are most readily cured by Ipecacuanha (in sol., 1—3 h.). If this does not answer, and the vomiting is sour or bitter, with many

empty eructations, give *Belladonna* (in sol., 2—4 h.); if nothing but tough phlegm is thrown up, *Dulcamara* (in sol., 2—4 h.). If it returns constantly, particularly after exercise, eating, speaking, or when riding, or after sleep, give *Cocculus* (in sol., 6 h.). If it returns from every motion of the body, and the patient is, notwithstanding, unable to keep quiet, very weak, thirsty, and unable to partake of drinks, give *Arsenicum* (in sol., 6 h.). See also Chapter IV.

Rheumatic Pains.

When such pains result from cold, and the parts affected feel uneasy, so as to require constant change of position, everything feeling as if too hard to rest upon, and the limbs as if benumbed or strained, the patient apt to complain, even when a person is walking across the room, or is approaching him, give *Arnica* (in sol., 3—6 h.). But if the pains are attended with fever, give *Aconite* (in sol., 3 h.), until the fever abates; and then, after several hours, give *Arnica*. In many cases it will be well to give *Arnica* and *Aconite* alternately, regulating the length of the intervals by the increase or decrease of the symptoms. Should they not remedy the evil, refer to what is said under "Rheumatism," Part II.

If the pains are worse when lying down, and at night, accompanied by lameness or coldness of the limbs, with pale swelling or burning in the feet, or with redness and swelling of the big toe, with a stiff neck, the skin very dry, or offensive perspiration which affords no relief, give *Dulcamara* (in sol., 6 h.); and when this no longer affords relief, *Mercurius vivus* (in sol., 6 h.).

When the same symptoms return after every cold, with uneasiness at the approach of other persons, or when attempting to swallow, when it is worse while sitting or lying, but better when walking about, with swelling, rending, burning and throbbing, pains in the great toe, give *Phosphoric acid* (in sol., 6 h.).

If accompanied by swelling of the knees, lumps on the joints of the hands and fingers, give *Sulphur* (dry, n.), and if that does not answer, *Calcarea* (dry, n.).

When a chill causes fever, give Aconite (in sol., 3—4 h.). If, after two or three doses, the fever still increases, select one of the following medicines, recommended for fevers, unless some other should, from the symptoms, appear more suitable: Nux vom. or Chamomilla; Belladonna or Dulcamara; Ignatia or Pulsatilla (all in sol., 4—6 h.).

In general, the following medicines answer best in complaints from cold; in acute and inflammatory affections, Coffea, Aconitum, Chamomilla, Nux vomica, Pulsatilla, Belladonna, Colocynthis (all in sol., 3—6 h.). When less violent, Dulcamara and Ipecacuanha (in sol., 4—8 h.). When tedious, and often returning, and the patient has formerly taken too much mercury, Carbo vegetabilis, Sulphur or China (dry, n.). If these do not relieve, Silicea or Hepar (dry, n.). If these affections result from bathing, Antimonium crud. or Sulphur (dry, n.), and if necessary after a few weeks, Carbo vegetabilis or Calcareo (dry, n.). When the patient cannot perspire, Chamomilla or China, Arsenicum or Silicea (in sol., 6—12 h.). When the perspiration is too copious, Mercurius vivus, Phosphoric acid, Carbo vegetabilis, Sulphur, Hepar or Sepia (in sol., 6—12 h.).

When a person *takes cold* very easily, he should abstain from the use of coffee and of all spirituous liquors; use more cold drinks than warm; wash himself frequently in cold water, and accustom himself more and more to the air in every kind of weather; this custom will gradually diminish the disposition to take cold, and finally remove it entirely, particularly if the patient takes some of the following medicines: Coffea, Belladonna, Nux vomica, China, Dulcamara, (dry, n.); or Silicea, Carbo vegetabilis, Calcareo (dry). The latter three must not be taken too frequently, but only at long intervals.

If after using the means recommended above there should still remain some susceptibility, and the patient is chilled by every draught of cold air, let him take Nux vomica, or Chamomilla (dry, n.). If exposure to cold produces pain, Arsenicum (dry). If the patient has already chilblains, let him take the remedies prescribed under "Chilblains;" if affected by every

blast of cold air, Bryonia or Rhus, Veratrum or Mercurius vivus, and if they do not answer, Carbo vegetabilis or Calcareo (all dry), according to circumstances. If he cannot bear the wind, Carbo vegetabilis (dry); if not a draught, Belladonna, Sulphur, Silicea or Calcareo (dry), one after the other, at intervals of two or three weeks. When the night air only is injurious, Mercurius vivus (dry) will prove beneficial, and after several days have elapsed, Sulphur (dry); to be followed if necessary by Carbo vegetabilis (dry). If a person feels ill in damp weather, give Dulcamara, Rhus, or Veratrum, and later Carbo veg. or Calcareo. If it affects the chest, Dulcamara or Carbo veg. (all dry).

One who is affected by a thunder-storm, should take Bryonia (dry) during the storm, and after Silicea (dry). Sulphur is also recommended.

If every change of weather aggravates the complaint, give first Mercurius vivus, or Rheum or Rhus; and when from cold to warm, Carbo vegetabilis or Lachesis (all dry).

For colds occurring in the spring, the remedies most generally indicated are Veratrum, Rhus and Carbo vegetabilis; in summer, Belladonna, Bryonia and Carbo vegetabilis; in autumn, Veratrum, Mercurius vivus, and Rhus; in winter, during dry weather, Aconitum or Belladonna, Bryonia, Nux vomica, Chamomilla or Sulphur; sometimes Ipecacuanha; but during damp weather, Dulcamara, Veratrum or Carbo vegetabilis.

It is, however, necessary to examine closely, under the heads of the different complaints, which remedy is most suitable, as these general remarks are merely intended to guide the patient to which remedy to give the preference in doubtful cases.

CHAPTER III.

CONSEQUENCES OF OVERHEATING, IMMODERATE EXERTION, AND GREAT EXHAUSTION.

AFTER immoderate exertion, great relief will be felt from taking a warm bath for half an hour, or a Russian bath, when that can

be procured. If the limbs are very painful, or burn, they will be relieved by rubbing them, whilst in the bath, with soap, applied by means of a soft flannel.

Overheating.

When you have overheated yourself with work in summer, it is well to take a few drops of rum or brandy on sugar, or a small quantity of strong wine, such as port or sherry, and refrain from drinking cold water till some time has elapsed. If you are much fatigued, it is advisable to take a cup of weak tea; if much fatigued in cold weather, and if you have to go out again in the open air, drink cold water or light beer; but if you can remain at home, drink warm mulled beer. Spirituous liquors, even in moderate quantities, when taken in cold weather, only render persons more sensitive to cold; they will produce a feeling of exhaustion and chilliness the next day.

If a person is easily exhausted in warm weather, let him drink coffee occasionally, but no spirits.

When a person, by remaining long in the cold, has brought upon himself a torpid feeling, or an irresistible propensity to sleep, let him take, or frequently smell, a small piece of camphor.

Sun-strokes.

When a person has exposed his bare head or neck to the rays of the sun, or has slept where the sun has shone upon him, give immediately Aconite (in sol.), repeating the dose every fifteen minutes till the patient is better, then give Belladonna or Nuxvomica (dry).

Headache.

In cases of severe *Headache* from heat, accompanied by fulness, as if the head would split, worse when stooping, a feeling about the forehead as if the brain were pressing out, increased when walking, and worse from every slight affection of the mind, combined with hot fever, thirst, vomiting and sleeplessness, give Belladonna or Bryonia (in sol., 2—6 h.). If combined with anxiety, uneasiness, rage or great irritation,

despondency, imaginary fears, lamentation, weeping, &c., give Belladonna.

If the patient is very peevish in the morning, cannot bear to dress himself, is more passionate and cross than plaintive and desponding, and is apprehensive of future evil, give Bryonia.

If one from being overheated has headache, especially if there be heaviness, throbbing and pressure over the eyes and pains in the eyes which are aggravated by looking fixedly at anything, give *Carbo vegetabilis* (in sol., 4—8 h.).

When headache is caused by heat or great exertion, while exposed to the sun in summer, or by getting too warm before the fire, or by ironing; when the head feels too full, and there exists a want of appetite, particularly in the morning, with much thirst, fever, trembling, nausea and vomiting, or diarrhœa, give Bryonia (in sol., 3—6 h.)

Diarrhœa.

In diarrhœa accompanied by fever, caused by excessive heat in summer; and also in colicky pains occasioned by drinking milk, give Bryonia (in sol., 3 h.), which may be repeated every three hours. To a person who cannot bear the heat of summer, or cannot work in the heat, particularly when troubled with nocturnal perspiration, who is very sleepy, or suffers from pain in the stomach and abdomen, and where Bryonia does not answer, give *Antimonium crudum* (dry, n.). If nausea, which is caused by the heat, returns constantly, the remedies prescribed only giving temporary relief, give *Silicea* (dry).

Fatigue.

The *fatigue* after walking a great distance, or after much labour, particularly in summer, is frequently so great that rest does not relieve, but, on the contrary, seems to increase it. If possible, let the sufferer take a warm, or still better, a Russian bath; if that be impracticable, let him put his feet into warm water, in which a handful of salt has been thrown. If this does not relieve him, give *Coffea* (dry). A cup of good black tea, not too strong, is also an excellent remedy.

Should fatigue produce a sensation of faintness, or actual fainting, give *Veratrum* (dry). For great weakness in consequence of profuse perspiration, give *China* (dry). If there are symptoms of internal heat, such as hot breath and quick pulse, give *Aconite* (in sol., 2—4 h.), and if not relieved by this, *Bryonia* (in sol., 4 h.). If the accelerated circulation continues for several days, and the slightest exertion produces a tendency of blood to the head or chest, or if the face is flushed, give *Mercurius vivus* (in sol., 12 h.). For soreness in all the limbs particularly in the muscles, *Arnica* (in sol., 6 h.) is the best remedy.

If the feet are much swollen, or painful from walking, take *Arnica* (dry), or wash the feet in water with which some drops of *Arnica* tincture have been mixed.

If the limbs are painful after carrying or lifting something heavy, particularly on moving them, or when at rest, give *Rhus* (dry); or when there are shooting pains in the small of the back, especially on moving, *Bryonia* (dry); but if it is almost impossible to move the back, on account of excessive pains, give *Sulphur* (dry). See the remedies for "Overlifting," Part I., Chapter VIII.

If a person, who is otherwise in good health, feels tired after the least exertion, even from talking, give *Cocculus* (dry), and if this does not relieve, *Veratrum* (dry); if this fails also, give *Calcarea* (dry).

When walking briskly causes loss of breath, or coughing, pain in the side or limbs, give *Aconite* (dry); if the pain in the side continues, *Arnica* (dry), and if this does not afford any relief in 12 hours, give *Bryonia* (dry).

If the shortness of breathing continues, or becomes worse by ascending the stairs, attended with coughing and raising of phlegm, give *Silicea* (dry).

Sitting up at Night.

This is always debilitating, yet every one should be able to bear it in case of need. If it produces greater weakness than

usual, if persons cannot deprive themselves of one hour's sleep, give *Cocculus* or *Phosphoric acid* (dry). If sitting up occasions headache, or if a person has taken much coffee, wine or spirituous liquors to keep him awake, give *Nux vomica* (dry) before going to bed; if the headache is not caused by spirituous liquors, and the patient is unable to lie down, or has nausea, give *Ipecacuanha* (dry). If the headache is worse in the evening, but better in the morning, give *Pulsatilla* (dry). If there is determination of blood to the head, or sense of heaviness when moving the eyes, give *Nux vomica* or *Pulsatilla* (dry); if the symptoms are aggravated in the open air, the headache worse when walking, with a booming, shaking sensation, give *Nux vomica* to passionate and energetic persons; and the same remedy, if the head feels heavy as if the patient were intoxicated, with buzzing and heaviness in the forehead, pale, haggard countenance, nausea, chilliness, weakness and crossness.

When the head feels as if empty and light, the patient cannot bear the light, is better in the open air, worse when lying down, give *Pulsatilla*, particularly to mild persons.

When the head trembles, is light, the face flushed, blue circles around the eyes, the mouth perfectly dry without thirst, loathing of food, nausea to fainting, fulness of the stomach, oppressed breathing, if worse in the air, from speaking or drinking coffee, if the patient is very sad and troubled by frightful dreams, give *Cocculus* (dry); if he is greatly excited in the evening, does not sleep well, is weary when rising, *China* (dry); if he complain of feeling sore all over, *Arnica* (dry).

The effects of late hours and over-indulgence may be counteracted by *Pulsatilla* or *Nux vomica*, according to the above indications, or by *Carbo vegetabilis*; see "Consequences of Intoxication."

Confinement and much mental Application.

If the confinement produces symptoms of *Dyspepsia*, and if the patient has been accustomed to drink coffee or spirituous liquors, *Nux vomica* (dry), taken in the evening, will often have

a good effect; if after four or five days it gets worse again, give Sulphur (dry), which may be repeated in 3 or 4 weeks if necessary. When the head is more affected, Nux vomica is a good remedy, and afterwards Belladonna, sometimes Pulsatilla. See "Headache."—If all these medicines prove ineffectual, and if every exertion of the mind causes headache, give Calcarea (dry). If there is merely a sensation of giddiness or intoxication, give to a person of a sanguine temperament, Pulsatilla (dry). Toothache, cough, and other complaints caused by mental application, yield to Nux vomica, or to other medicines recommended under their respective heads.

Excesses injure body and mind more than anything else. If they consist in intemperance in eating or drinking, apply the remedies prescribed under "Disordered Stomach." But if they are such as waste the very marrow and essence of the constitution, the greatest abstemiousness is a most absolute condition, together with which the following remedies may do much good.

The principal remedy, and the one which should be given first, but which may be given repeatedly after other remedies, is China. Afterwards, and when the patient regrets much his vicious conduct, give Phosphoric acid. Look also under the head of the special complaint of the patient, and select in preference such remedies as China, Phosphoric acid, Staphisagria, Nux vomica, or Sulphur and Duleamara, the one or the other, whichever may seem to best suit.

The same treatment is recommended when the patient has lost his strength by self-abuse; give in the beginning China, or Staphisagria, or Nux vomica; later Phosphoric acid, Sulphur, or Calcarea.

The patient should be persuaded to leave off his bad habits, and encouraged to constant occupation, or even hard work; he should eat sparingly, take little sleep, abstain from all spirituous liquors, avoid bad company, and abstain from reading books calculated to excite the passions.

Should a morbid irritation trouble the patient, as is often the

case with children, select in preference among the following medicines : China, Mercurius vivus, Carbo vegetabilis, Nuxvomica, Pulsatilla, Staphisagria or Antimonium crudum, Silicea, Platinum, Calcareo or Colocynth. Frequently, when China and Carbo vegetabilis are insufficient, Mercurius vivus will effect the object ; if not, Sulphur. Besides these, Coffea, Opium, Aconite, Ignatia, will frequently be indicated. These remedies may all be given dry, and repeated every 2 or 3 days, or oftener according to circumstances.

If these vices have so weakened the constitution that the effects appear even after marriage, although then living moderately, give, if the head is much affected, Calcareo. For great weakness and trembling of the legs, the same ; for asthma, Staphisagria ; burning in the parts, Mercurius vivus or Carbo vegetabilis. Weakness in the feet, heaviness and a feeling of soreness in the limbs, dulness, ill humour and relaxation, may be remedied by Coccus. These remedies may also be given dry, and repeated at 2, 4, or 6 days interval, till amendment ensues.

Loss of Fluids.

Loss of fluids through much perspiration or purging, or long continued diarrhoea, too long suckling of children, through too great a flow of milk or other fluids, much bleeding by the lancet, or loss of blood by other means, often occasions incurable diseases, if not remedied by the timely administration of China. In some cases it may be necessary to give Staphisagria or Sulphur. If any of the above causes, particularly improper bleeding (or with children the bleeding after leech-bites which may occur during the night without being perceived), should produce fainting, or convulsions, give immediately China (in sol.), and do nothing else ; as soon as the sick person recovers, and if his mouth is very dry, or if he moves the tongue, give him a little cold water ; if he faints again, or has spasms, or if he does not recover entirely, give him a teaspoonful of good old wine ; after a while repeat, if necessary, the China, and later, the wine.

After this give him as much cold water as he wishes to drink, but not too much at once. If some symptoms remain, which the China has not taken away, give Phosphoric acid (dry), and if this does not suffice, a week after, Nux vomica (dry), followed in a day or two by Arsenicum (dry).

CHAPTER IV.

CONSEQUENCES OF SURFEITING AND DISORDERED STOMACH.

WHEN a person has eaten too much, or partaken of something which is too heavy, and soon after feels that his stomach is out of order, give him a cup of strong coffee without milk; should severe headache and nausea follow, yet no vomiting, dip a very soft feather in oil, and tickle the throat with it until he vomits. If this does not produce vomiting, give some lukewarm water. If nothing will make him vomit, and he is retching, feels very hot, particularly in the head, give Aconite (in sol., 1 h.). If he feels chilly, give Pulsatilla (in sol.), which may be repeated every half hour till relief is obtained. If there remains pressure and heaviness in the stomach, and qualmishness, give Chamomilla (dry); if this fails, Nux vomica (dry), two hours afterwards; if there is constant retching, give Ipecacuanha (in sol., $\frac{1}{2}$ —1 h.); great coldness and violent pain in the stomach, Veratrum (in sol., 1—4 h.); if the patient has thrown up bile, and there is a bitter taste remaining, let him drink a few glasses of cold water; if the pressure in the stomach continues, give him a cup of coffee without milk.

If there is no improvement felt on the following morning, and if loathing, nausea, inclination to vomit still continue, risings with a bad mouldy taste and smell, resembling the smell of the food which has been taken, give Antimonium crudum (dry); if there is rising with a bitter taste, Bryonia (dry); or when putrid, Nux vomica (dry); or like rotten eggs, Arnica (dry); greasy, Pulsatilla (dry); or when acrid and bitter, Arsenicum (dry).

The patient ought to take no nourishment but gruel, barley water, tea and toast, and lastly thin broth, for two or three days, to give the stomach time to recover its functions.

A disordered stomach produced by eating fat pork, or other meat, pastry, rancid butter, &c., will be relieved by *Pulsatilla* (dry). If this does not suffice, by *Carbo vegetabilis* (dry).

A disordered stomach from other food, risings, with a taste of what has been eaten, nausea, inclination to vomit, will yield to *Antimonium crudum* or *Pulsatilla* (dry); in some cases they must be taken alternately.

For a disordered stomach from eating fruit, *Arsenic* or *Pulsatilla* (dry).

For disordered stomach from bad, sour wine, particularly with much nausea, give *Antimonium crudum* (dry); from wine containing sulphur, *Pulsatilla*; from sour beer or vinegar, *Aconite* gives relief, particularly when there is a pressing pain in the stomach, nausea, inclination to vomit, and vomiting of phlegm or blood; but if the vomiting is sour, with burning in the throat, cutting pain in the bowels, and purging, give *Hepar*. For vomiting of food, burning in the stomach, and abdomen, cutting pain in the bowels, with coldness, agitation and thirst, give *Arsenicum*; if connected with great debility and sensitiveness to warm and cold, or damp and dry weather, give *Carbo vegetabilis*.

For disordered stomach from stale fish or meat, give forthwith a small quantity of pulverized charcoal, and if this does not remove all the unpleasant symptoms, *China*; if there is a corrupt rising, and putrid taste, give *Pulsatilla*.

Disordered stomach from salt victuals, *Carbo vegetabilis*; the bad effects, that sometimes last long, of eating too much salt, may be removed by *Arsenicum*, or by frequent drop doses of Sweet Spirits of Nitre. For disordered stomach from eating cabbage, and sour crout especially, give *Bryonia*. All the above medicines may be given at first dry, but if the symptoms should continue, they may be given in sol., 4—6 h.

For the cure of the evils resulting from eating old cheese, sausages, old spoiled smoked beef, &c., see under "Poisoning."

Overfeeding of Children.

Children are not unfrequently made ill by overfeeding, or by giving them indigestible food, such as pap made of flour, crackers, bread not sufficiently baked, and the like; especially when they are rocked too much, and are, moreover, dosed with rhubarb, salts, castor-oil, &c. All these things should be avoided. To check the vomiting, give *Ipecacuanha* (in sol., 2—4 h.), particularly if the vomiting is accompanied by purging. If this does not give any relief after several doses, give *Pulsatilla* (in sol., 2—4 h.). If there is only purging, with a discharge of undigested food, give *China* (in sol., 2—4 h.). If vomiting is accompanied by constipation, give *Nux vomica* (in sol., 6—12 h.).

The same kind of food ought not always to be given to little children; the milk should be brought to the boiling point, then allowed to stand till it cools, and the scum that forms on the top carefully removed; thin gruel agrees better with some; if a more substantial fare is required, they should have grits, made of wheat, in preference to pap made of flour. Or, fill a linen bag with wheat flour as tightly as possible, then tie it up well and keep it in boiling water for 3 hours. After that take it out and let it get cold. Upon removing the bag, you will obtain a hard mass, from which the outer crust must be peeled off. Then grate as much of it as is required for a meal, and have it boiled in water, milk or broth.—Dry rusks are also good for children, provided they are not too brown, which is a sign of their having been burnt. Pearl barley boiled to a jelly and passed through a sieve often agrees better than any other kind of food.

Headache.

If headache with nausea follows a disordered stomach, and the whole head feels as if everything inside were bruised, give *Ipecacuanha* (in sol., 3—6 h.). For oppressive headache, with heat in the brain, worse after walking, reading, eating, with

putrid taste, give *Arnica* (in sol., 6—12 h.). For throbbing, shooting headache, worse when talking, with much nausea, give *Aconite* (in sol., 3—6 h.); for dull, general headache, worse whilst going up stairs, and from smoking tobacco, without appetite, with a bitter taste, rising, hiccough, loathing and nausea, worse after drinking wine, give *Antimonium crud.* (in sol., 6—12 h.).

For burning, pressing, bursting headache, worse when stooping, as if all would fall out through the forehead, throbbing or tearing when walking, or splashing as if from water, worse in the morning early, or with chills, give *Bryonia* (in sol., 6—12 h.).

A rending, throbbing, jerking headache, worse in the evening when lying down, or one sided, attended with a putrid, earthy taste in the mouth, and without thirst, is relieved by *Pulsatilla* (in sol., 6—12 h.). When there is heaviness in the head, and great soreness of the scalp when touched, with trembling in the jaws, a salt taste and spasm in the stomach, give *Carbo vegetabilis* (in sol., 6—12 h.); especially to persons who have taken much mercury. See Part II.

Vomiting.

When vomiting is occasioned by a disordered stomach, give *Ipecacuanha*, if the tongue is coated; if it is clean, *Tartar emetic*; when it is produced by eating too much bread, and attended with great oppression about the pit of the stomach, give *Bryonia*.

If produced by overloading the stomach, and attended with bitter taste while chewing the food, or when accompanied by a burning sensation in the throat, give *Pulsatilla*; if attended with much belching, a hot face and palpitation of the heart, *Sepia*, (all these medicines in sol., 2—12 h.), while the vomiting lasts.

Flatulence.

If flatulency swells the belly, renders breathing asthmatic, and is caused by flatulent food, such as cabbage, sour crout, new beer and the like, and particularly when there is a painful tightness across the belly, with pains and pressure about the navel,

and the patient is chilled after drinking, give China (dry). When drinking gives rise to pains in the pit of the stomach, which obstruct breathing, the clothes round the ribs feel too tight, and there is a weight as from stones in the abdomen, give Nux vomica (dry).

When it is caused by eating fat food, after which much water has been drunk, when the wind rolls in the bowels, the belly appearing too full and hard, worse in the evening, give Pulsatilla (dry).

If oppression of the chest proceeds from an accumulation of wind, with jerking and shooting pains, a tension about the pit of the stomach—without exactly swelling the belly—causing a state of utter restlessness, Phosphorus (dry) will afford relief.

Persons subject to flatulence may take, with great benefit, as much of finely pulverized wood-charcoal as can lie on the end of a dessert-knife, once or twice a day.

Colic.

Sudden attacks of colic when caused by eating too much, or by a foul stomach, are often cured by taking some coffee without milk; or, if this fails, by Pulsatilla, or some other remedy indicated under "Colic," in Part II.

Diarrhœa.

When arising from a disordered stomach, is generally cured by Pulsatilla; in children, when accompanied with nausea and vomiting, by Ipecacuanha; in children who are sleepless, excited, and too lively, by Coffea; when cutting pains in the bowels seem to go upwards and produce nausea, and there is weakness after each evacuation, by Nux vomica, and other medicines indicated under "Diarrhœa," in Part II.

Sleeplessness.

The sleeplessness produced by overloading the stomach often yields to Coffea (dry), particularly with children, or to Pulsatilla (dry). If partly caused by strong coffee, to Nux vomica (dry); if by eating too much in the evening, drink a glass of cold water, sweetened with loaf sugar; if this occasions acidity, drink merely water.

Nightmare.

Nightmare, which arises from eating too much, can only be prevented by avoiding the cause; drinking sugar-water may sometimes remove it. A person who is subject to this complaint, should not eat too much, and should take the medicines recommended for "Nightmare," which see.

Fever.

Fever with much chilliness and coldness, and constant disorders of the stomach, diarrhœa or constipation, in persons of a passionate cross temper, may be removed by Bryonia (in sol., 6—12 h.); to phlegmatic, awkward, irritable persons give Capsicum (in sol., 6—12 h.). If the fever returns every second day, Antimonium crud. or Ipecacuanha (in sol., 6—12 h.). On the days when the patient is clear of fever, give Ipecacuanha, 4 times, on those when he has fever give it twice,—except during the paroxysms of heat or cold. On the seventh day let him take Nux vomica (dry). Through this period he must abstain from eating fruit.

Rash.

A rash, arising from a disordered stomach, accompanied with chills and low spirits, is often cured by Pulsatilla: with sickness of the stomach and difficulty of breathing, by Ipecacuanha; if this proves useless, by Bryonia (all in sol., 6—12 h.). If caused by noxious food, see "Poisoning." For other remedies, see "Eruptions."

Indisposition from Ice or Cold Water.

If a person feels unwell after drinking water, he may take one of the following remedies:

If the *drinking of water* aggravates every complaint, confuses the head, produces nausea and heat, take Cocculus. If it produces cough and headache, Aconite; if cough, vomiting, and chills, Arsenicum; if bad taste, as if the water were impure, coldness in the belly, pain in the bowels and chills, China; if nausea and pain in the bowels, Pulsatilla, and if this does not

give relief, Rhus (all in sol., 3—6 h.). Continuous nausea from drinking water may sometimes be removed by taking a little table salt—as much as will lie on the end of a dessert-knife.

If water drinking produces hiccough, take Ignatia (in sol., $\frac{1}{4}$ h.); oppression at the stomach, Ferrum (dry); if it causes swelling of the abdomen, as from flatulence, with pressure in the pit of the stomach, difficulty of breathing, and chills, take Nux vomica (in sol., 3—6 h.); if it causes constant inclination to go to stool, and purging, Capsicum (in sol., 3—6 h.); pain in the chest and shuddering, Veratrum (in sol., 3—6 h.).

If it produces toothache, take Bryonia or Mercurius vivus, or Staphisagria (in sol., 1—3 h.), according to circumstances. If it occasions merely irritability of the teeth, without regular pain, Mercurius vivus or Sulphur (in sol., 2—4 h.).

When a person habitually takes cold in the stomach from drinking cold water, and has, in consequence, accustomed himself to mix spirits with the water, and wishes to leave off this dangerous habit, let him try some of the medicines recommended above. If he does not succeed, let him take a drop of pure sulphuric acid, and mix it with a pint of water, by pouring it for some time from one tumbler into another, and take a table-spoonful of this in the morning, fasting, once or twice. This will warm the stomach, and gradually accustom it to pure water again.

When *drinking hastily* disorders the stomach, give Silicea (dry).

When merely *cold* drinking causes indisposition, Nux vomica or Staphisagria generally gives relief; if not, Calcarea (all dry).

Indisposition from ice or very cold water, during great heat, when sudden and dangerous, generally yields to Opium (in sol., 1—3 h), especially if accompanied by a tendency of blood to the head, twitching in the face, unconsciousness and giddiness almost to reeling; persons who are in the habit of drinking spirituous liquors will be benefited by Nux vomica (in sol., 1—3 h.). If the countenance is pale, if there is a sensation of choking and drooping, a few drops of spirits of camphor, on sugar, or diluted with water, may be administered. Should any symptoms remain, such as headache, or tendency of blood to the head, Belladonna will be

beneficial; for very acute pains, Bryonia; for affections of the stomach, fever, &c., Carbo vegetabilis, or Arsenicum.

For long standing disorders of the stomach, caused by drinking ice-water in the summer, attended with great weariness, little appetite; if whatever food is taken lies like a weight on the stomach, or is thrown off again, sometimes with a sour taste, with soreness of the stomach upon pressure; if the stomach and abdomen are distended by wind, the flatulence becoming very troublesome, the symptoms growing worse in the open air, Carbo vegetabilis (in sol., 3—6 h.) will be serviceable.

If there are pains in the stomach, or other symptoms arise in consequence of having swallowed pieces of ice, as children are apt to do, Arsenicum will be the remedy, or sometimes Pulsatilla (in sol., 3—6 h.).

Arsenicum (in sol., 3—6 h.) may be administered in cases of oppressive weight on the stomach, particularly with a burning sensation confined to a small spot, or extending over the stomach and abdomen, with great anxiety and disquietude indicated by the countenance, tongue dry, continual thirst, everything having a saltish taste, nausea produced by motion, or after drinking, even to vomiting and throwing up bile.

Pulsatilla (in sol., 6—12 h.) should be given, if the affection in the stomach and the pit of the stomach is of a spasmodic nature, worse after eating, in some cases attended by vomiting; the countenance expressing rather a disposition to cry; the tongue slimy, taste insipid, no thirst, nausea after eating and drinking, worse in the afternoon and evening, with sour rising, sometimes of wind only, retaining the taste of what the patient has eaten.

The same remedies will answer in affections of the stomach, produced by eating *cold fruit, ice-cream* and the like.

Every body should be able to *drink milk*, and if it does not agree, it is an indication of there being something wrong about the stomach. Something should be taken for it. If it produces a sour taste, give Nux vomica (dry); if pains in the bowels, and diarrhoea, Bryonia or Lycopodium (dry); and if the other medi-

cines do not give relief, and there is rising, vomiting of phlegm, and other indisposition, give Sulphur (dry); if it produces constant nausea, give Calcareo (dry).

Persons who feel indisposed after *drinking malt liquors*, will do well to refrain from them, at least from the stronger kinds, which sometimes owe their strength and bitterness to injurious drugs. But if the head should become too easily affected after drinking good beer, &c., take Rhus; if this proves useless, take afterwards Belladonna. If the beer causes vomiting, take Ferum; if nausea, Arsenicum; if colic, Colocynth (all dry).

Whoever feels indisposed after *drinking brandy*, may congratulate himself; the best and most salutary advice we can give him is—to let it alone.

CHAPTER V.

CONSEQUENCES OF SPIRITUOUS LIQUORS, COFFEE, TEA, TOBACCO, ACIDS, &c.

Intoxication.

THIS disgraceful condition, in which we still see so many persons, needs no description. Every one knows that however drunk a person may be, the best way is to let him sleep it off; but sometimes it may be necessary to restore him sooner—at least so far, as to be able to remove him. The best remedy is an external application of cold water. If a person is lying in the road, throw the coldest water that can be procured over him; if this does not succeed, throw water upon him by buckets full, from a height of several feet, so as to hit him with great force. If he is vomiting and retching, give him coffee without milk, as much as he will drink, and very hot.

If he is not quite so far gone, a cloth dipped in cold water, and wrapped round the abdomen and loins, may afford relief.

It is often possible to restore an intoxicated person to the complete possession of his senses, by making him drink a cup

of strong black coffee, mixed with ten drops of laudanum. Strong tea is also a good reviver.

If the face of a drunken man has a purple hue, his look fixed, he does not come to his senses, the throwing on of cold water producing only temporary effect—if the muscles of the face are convulsed, or a cramp prevents the opening of the mouth—apply a piece of cloth, dipped into cold water, to the head, and give Opium, (in sol., $\frac{1}{4}$ h.) until he improves; if this fails, give Aconite or Belladonna (in sol., $\frac{1}{4}$ h.).

If children are made tipsy by thoughtless or vile persons—or by accident swallow brandy, wash the head and abdomen with cold water, and give them every quarter of an hour, a teaspoonful of hot water, a pint of which has been poured on a bitter almond. If they do not soon fall into a sound sleep, give Nux vomica. If they fall into a torpid sleep, with snoring, the face red and the head hot, give Opium. If they are too lively and merry, and cannot sleep, give Coffea. If they have fever, give Aconite, and if this does not remove it in two hours, give Belladonna. If they fall into convulsions, give first Opium, if this does not answer, Nux vomica, and if this fails Chamomilla (all dry).

Many females, when confined, drink out of ignorance, from habit, or by the advice of stupid midwives and monthly nurses, spirituous liquors, to obtain sleep for themselves and the child. This is a horrid, abominable habit; they expose themselves and their child to the greatest danger; and if not attended by immediate bad consequences, it may cause the child to become a drunkard, when grown up. Under these circumstances, give to the mother and child the above mentioned medicines.

Besides the confirmed drunkard, there are others who only once in a while allow themselves to be led astray, and who are ashamed of their conduct afterward. These we advise, after any excess of this sort, to put a few globules of Nux vomica into a glass of water, to stir it up well, and to drink it before going to bed; the next morning they may take the remedies prescribed for the effects of intoxication.

There are, however, many who have fallen into this vice from

vexation, grief and sorrow. Their own conscience will tell them to what a horrid alternative they have had recourse ; and we earnestly exhort them to touch not, taste not again, under any pretext, but to force themselves to drink, daily, several glasses of cold water, and to take the medicines recommended for the effects of drinking ; also, the medicines which suit for vexation and grief.

There are other drunkards who are driven to drinking by a morbid state of their system. These deserve our compassion ; but although we may pity, there is not sufficient ground to exculpate them. For the same morbid state urges one to anger, another to laziness, a third to incontinence, but it is no excuse for either. Were it otherwise, every one might find a ready excuse for his favorite vice, and easily imagine that he could wash off his impurity in a sink. When the passionate man does not bridle his anger, the lascivious his cravings, and the intemperate his inclination to strong drink, their morbid sensibilities will increase. No, they ought to pursue a course directly opposite. He who is given to anger should constrain himself to submit even to unmerited abuse ; the voluptuary should repress all vicious thought, and avoid every temptation ; the lazy should work until he is perfectly exhausted ; and he who longs for strong drink, should not even smell brandy, wine or beer, though he were almost dying with thirst. The total movement has been the salvation of thousands of the latter class, and we cannot do better than advise such to take the pledge, for though others may find it easy to partake of alcoholic liquors in moderation, those who have the morbid passion for strong drinks, will assuredly find abstinence easier than temperance ; and besides, the species of vow made on taking the pledge, is found to be a wonderful strengthener of weak resolutions.

To him who has thus fortified his resolve we recommend the following remedies, which will contribute to subdue the disease under which he labours :—Take Sulphur (dry) every morning for seven days. Should the craving abate, and return afterwards, let him take *Nux vomica* (dry) in the evening ; and if it returns

again in two or three days after, Sulphur (dry), repeating these remedies in the same order. If this does not prove efficacious, give Arsenicum (dry). If this does good but temporarily, give Nux vomica one day, and three days after Arsenicum.

Effects of Intoxication.

After drinking too much in the evening, sometimes after taking but a few glasses of wine, we feel unwell, heavy, and stupid in the morning; the face is pale and haggard; the eyes are pained by the light; the mouth is parched and rough; with nausea, pains in the pit of the stomach, hoarseness, heat in the hands and soreness in the limbs, as if sprained; we become weak, sleepy, chilly, languid, cross and passionate; sometimes there is bleeding of the nose, or cramp in the stomach, &c., give Carbo vegetabilis or Nux vomica (in sol., 2—4 h.).

If the headache is throbbing or attended with pressure over the eyes, or better in the air, take Carbo vegetabilis.

If the pain is attended by a feeling, as though a nail were lodged in the head, and is on one side only; worse when walking, at every motion in the open air; from thinking and stooping, take Nux vomica.

If there is only Nausea, Carbo vegetabilis; an inclination to vomit, and retching, Nux vomica. If the stools are thin and pale, Carbo vegetabilis. If there is much pressing and forcing, with slimy purging, Nux vomica.

If there is much giddiness, red eyes, with matter in the corners, great sensitiveness to the light, or a dry, hacking cough, take Nux vomica.

Should Carbo vegetabilis not produce an immediate effect, smell camphor, from time to time. If the headache does not abate in two or three hours after taking Nux vomica, take Coffea (dry). If the nausea continues after the above medicines have been taken, and the stomach is very weak, take Antimonium crudum (dry).

In indisposition from the repeated use of wine or spirits, which has already continued for some time; in tedious headache, ful-

ness and heaviness of the head, or cramp in the stomach, weakness of the stomach, constipation, piles, pain in the back, miliary eruption, or much itching and biting over the whole body, *Nux vomica* generally proves efficacious. It should be taken in the evening; and whilst the patient keeps improving, he should drink neither wine, spirits nor coffee.

If *Nux vomica* should fail to relieve, *Carbo vegetabilis* or *Lachesis* may be taken; the former, if the symptoms are worse, early in the morning, or in the open air; the latter, if they are worse after sleeping, especially in the afternoon, and if aggravated by hot weather.

For tedious headache, which has not only been caused by intemperance, but is aggravated by drinking spirituous liquors, by thinking, mental application, speaking, stooping, after reading or writing, the patient is very weak, give, if he is plethoric, *Calcarea* (dry); if of a spare habit, *Silicea* (dry).

Do not repeat the dose until he is worse again, and should the repetition fail, give *Lachesis* (dry).

If the effect of wine is only to irritate, excite and produce trembling, with nervousness, an uncomfortable dry heat and splenetic humor, give *Coffea* (dry).

Delirium tremens.

In this sad and terrible disease, to which drunkards are subject, and which takes the form of delirium with vision of animals, monsters, strange human faces, &c., attended with raging and raving, fits and convulsions, medical aid is not always effectual. But, instead of worrying the unfortunate being with quantities of irritating, weakening drugs, it is better to give him a drop of tincture of *Opium*, every hour; and if he does not improve in twenty hours, *Nux vomica* (in sol., 1—4 h.); and if the attacks return, *Opium* again. At the same time, drinking cold water may be of service.

If these remedies prove ineffectual within two or three days, *Calcarea carbonica* (in sol., 12 h.), is sometimes serviceable. During this time the patient may drink freely of cold water,

taking a little beer, if he desires it and has been accustomed to it. The same with tobacco.

If the attacks are less severe, the patient only seeing animals or fire at intervals, with fearfulness and a wish to escape, give Belladonna (in sol., 1—2 h.), or alternate with Aconite (in sol.), giving one each hour, and Calcareo carbonica (dry) the following morning.

If Belladonna should afford no relief, if the throat is affected, the attacks appearing more in the afternoon, or after sleeping, the patient talks much, flying from one subject to another, cannot bear his shirt or neckhandkerchief, but strives to have them removed, Lachesis (in sol., 2—6 h.) will be serviceable. If premonitory symptoms of apoplexy appear in drunkards, Belladonna is often of great use.

Bad Effects of Coffee.

A person who is not accustomed to coffee, who drinks too much, or who drinks it too strong, may feel unpleasant symptoms in consequence, which he might wish to remove as speedily as possible.

For sleeplessness, palpitation of the heart, great irritability of the nervous system, violent spasms in the stomach, Nux vomica (dry) almost always suffices.

For violent headache, as if a nail were driven into the head, or heaviness, rending pain in the head, give Ignatia or Nux vomica (dry). If it is better when stooping, or if there is a throbbing in the whole head, if the patient is of an undecided, inconstant disposition, give Ignatia; if it is worse when stooping, or walking, attended with much giddiness, confusion and heaviness in the head, and the patient is of a choleric temperament, give Nux vomica.

Violent, one-sided headache yields usually to Nux vomica; or if accompanied by much weeping, and screaming, and great sensitiveness, to Chamomilla (dry).

Tedious effects from the too frequent use of coffee may be removed by the same medicines. Nux vomica is one of the

principal medicines in these complaints; if it does not suffice, *Coffea* may sometimes be given, and then *Nux vomica* again.

Frequent toothache following immediately upon drinking coffee generally yields to *Chamomilla* (in sol., 2—4 h.). If very violent, when the patient is almost beside himself, give *Coffea* (dry), and afterwards *Chamomilla*; sometimes *Nux vomica*, and sometimes, though rarely, the following medicines may be required;—*Cocculus*, *Belladonna*, *Mercurius vivus*, *Carbo vegetabilis*, *Pulsatilla* and *Rhus*.

Violent spasms in the stomach, if worse after drinking coffee, *Nux vomica* or *Cocculus* (dry); if temporarily relieved by coffee, but worse afterwards, *Chamomilla* (dry).

Violent pain in the bowels, or colic, *Chamomilla* or *Nux vomica*, frequently *Colocynthis* or *Belladonna* (all dry).

If, after the habit of drinking coffee has been abandoned and the above tedious effects will not yield to *Nux vomica* and *Chamomilla*, the following remedies are sometimes useful:—

Cocculus (in sol., 6—12 h.), when every motion is attended by debilitating perspiration, frequent trembling; starting when asleep; sudden heat; frequent toothache when eating; lightness in the head; sadness; agitation; when every indisposition is aggravated by fresh air, exercise, eating, drinking, sleep or smoking.

Ignatia (in sol., 5—12 h.), when there is much debility; emptiness in the pit of the stomach; frequent spasms in the abdomen; falling asleep or painfulness of the limbs, generally pressing as from hardpointed substances, the pains oblige the patient to shift his position constantly, after which he feels better; the disposition is inconstant, sometimes excessively lively, at others depressed and inclined to weeping.

If these remedies do not bring about a favourable change in a few days, give *Mercurius vivus* (in sol., 12 h.); and if this fails, Sulphur, a week after.

Effects of Tea drinking.

For indisposition from green tea, take *Coffea* or *Ignatia* (dry),

and if it does not improve in half an hour, China (dry). For tedious complaints from drinking much tea, China is generally the best remedy ; Ferrum may also be useful.

Effects of Smoking Tobacco.

Those who are not accustomed to smoking will be quickly restored by Pulsatilla (dry) ; violent headache and nausea by Aconite (dry) ; giddiness and dizziness to fainting, vomiting of bile and diarrhœa, Chamomilla (dry) ; and if this does not give immediate relief and there is much coldness, Veratrum (dry) ; if this will not answer, let them smell camphor ; violent convulsions and other symptoms may be removed by Cuprum (dry). For other remedies see "Poisoning."

If a person accustomed to smoking feels unwell after it, Cocculus or Ignatia will generally relieve him. If it occasions toothache, give Bryonia or sometimes China. If it causes sickness of the stomach, Ignatia or Pulsatilla ; if uneasiness and nausea, Staphisagria. The same remedies may be given for the bad effects of chewing tobacco. Nux vomica, Chamomilla, Pulsatilla or Cocculus, and sometimes Cuprum, will generally be found most useful (all these may be given dry).

Tedious consequences of immoderate smoking are difficult to cure ; nervousness and weakness of the stomach are generally removed by Nux vomica or Cocculus ; habitual constipation by Nux vomica, Staphisagria, Mercurius vivus. The diseases to which those who manufacture tobacco are subject cannot be removed unless the patient forsakes his employment. He should apply to a homœopathic practitioner. The foregoing remedies may, however, be tried ; and also Arsenicum, Colocynth and Cuprum (these may be given in sol., 12 h.).

For the injurious effects occasioned by spices, such as pepper, ginger, and the like, give Nux vomica (dry).

Injurious Effects of Acids.

See what has been said, Part I., Chapter IV., on this subject. When other symptoms arise from the use of acids, they yield

generally to Arsenicum or Sulphur. When acids aggravate the symptoms, give Belladonna or Lachesis.

When a person has a craving for acids and sour food, give Arsenicum, Arnica, Belladonna, China or Lachesis. Arsenicum is preferable, when there is a loathing of all except sour food: Sulphur, when there is an aversion to anything sweet. If the craving is merely for sour drinks, give Bryonia; Natrum muriaticum for constant sour taste.

For heart-burn and vomiting after sour victuals, give Ferrum; for vomiting of a watery fluid after the use of acids, Phosphorus.

For disordered stomach from acids, give Arsenicum, and if not relieved by it, Lachesis; or these remedies may be given alternately in obstinate cases.

For diarrhœa occasioned by the use of acids and sour fruits, give Lachesis; if from fruits merely, give China.

(These medicines may be given dry, or in sol., according to circumstances).

CHAPTER VI.

EFFECTS OF THE MEDICINES HITHERTO IN GENERAL USE, AND REMEDIES TO COUNTERACT THESE EFFECTS.

WHEN sudden and dangerous symptoms appear after administering a dose of physic, we may take it for granted the patient is poisoned, and we must look under the head of "Poisoning."

There is no poison in the world which, by the old system of medicine, has not been esteemed as a remedy, and tried on sick persons. Vegetable poisons are often more rapid and violent in their action than mineral poisons, but the latter seem to produce a more profound and lasting bad effect on the health. Some animal poisons are even more violent than vegetable poisons; as, for instance, the venom of serpents. The boasts of nostrum venders respecting the innoxious effect of their alleged vegetable medicines, are nothing but deception and humbug.

It is true, there are some herbs which do not produce any dangerous effects, and some medicines which are not very injurious; but even these should not be given without due consideration, nor in large quantities for any length of time. For it is certain, that if you give the proper medicine, very little will suffice, and if you give an improper one, the larger the dose the more injurious it will prove.

In large and frequently repeated doses every medicine may, therefore, be considered a poison. In England many children have died of chamomile tea; and more people are, even now, killed by Peruvian bark and Quinine than by the fever and ague. Formerly the cause of their death was not known, and the thing was called by a different name. Of a hundred persons who have died of dropsy, eighty, at least, have been made dropsical by bleeding and the irrational administering of drugs. Ask only, how often such persons have been bled, or what quantities of medicine they have swallowed, such as mercury, Peruvian bark, quinine, eatharties, sulphur, iron, laudanum and other narcotics, and you will see how the dropsy has originated.

When a person, under the impression that it was all right, has taken such vile trash, or given it to children upon the recommendation of an ignorant physician or apothecary, he may often remedy the evil by observing the following directions:—

Effects of Opium or Laudanum.

This drug often produces dangerous consequences;—see what is said about it under “Poisons.” Results are produced by it, which were not anticipated, particularly when an ignorant practitioner applies it in injections, where its effects are often more powerful than when taken into the stomach. For the lingering effects of laudanum, which never fail to appear, sooner or later, not much can be done without the advice of a judicious physician. It will be well to give, from time to time, Coffea (dry) and sometimes Mercurius vivus (dry), which should be allowed to operate a week, or longer. Sometimes Nux vomica or Belladonna (dry) may be given.

Effects of Peruvian Bark, Quinine, &c.

This is a medicine which, next to opium and mercury, most frequently undermines the constitution, and occasions incurable diseases. Should the patient escape death, he will be troubled for years by the effects of bark. It is more difficult to expel quinine from the system, than mercury; and he who pretends that this can be effected by cathartics, is utterly ignorant of physic. It enters the blood and all the fluids, and no purging in the world will remove it.

To relieve the patient from its effects, will require patience, but it may be gradually accomplished by the following means. The chief medicine, in most cases, is Ipecacuanha (in sol., 12—24 h.), until there is an improvement.

For rheumatic pains, heaviness, prostration, soreness in all the limbs, drawing pain in the bones, great sensitiveness of every part of the body; when exercise, speaking, blowing the nose or loud sounds aggravate the pains, give Arnica (in sol., 6—12 h.).

When the body is cold, with cold perspiration, constipation or diarrhœa, give Veratrum (in sol., 6—12 h.). For consumptive cough and expectoration let the patient drink an infusion of Iceland moss. For jaundice give Mercurius vivus, and later, perhaps, Belladonna (in sol., 6—12 h.).

For heat in the face, determination of blood to the head, much pain in the head, face and teeth, give Belladonna (in sol., 6—12 h.). For earache, Pulsatilla (in sol., 4—8 h.). For swelling of the feet, Ferrum (dry, n.). For ulcers on the legs, dropsy, short cough and shortness of breath, Arsenicum (in sol., 12—24 h.).

If there are other complaints, look under the respective heads, and select the medicine accordingly; the following will in many cases be found preferable; Sulphur, Calcarea, Carbo vegetabilis, China.

When bark has been given in intermittent fever, and the disease has been bungled, another and worse complaint than the fever makes its appearance, or the fever remains, which is now more difficult to cure.

If the fever has been suppressed, and earache, toothache, headache, and pains in the limbs make their appearance, give *Pulsatilla*, and if this fails, *Calcarea*. For affections of the stomach give *Ipecacuanha* or *Pulsatilla*; for swelling, *Arnica*, *Arsenicum* or *Ferrum*, and select, according to circumstances, one of the remedies recommended above.

If the intermittent fever continues, as it often does, notwithstanding large quantities of bark may have been taken, give first *Ipecacuanha*, which will mostly prove efficacious; afterwards, if required, *Arsenicum* or *Carbo vegetabilis*; sometimes *China*, *Veratrum*, *Arnica*; at others *Belladonna*, *Mercurius vivus*, *Sulphur* and *Calcarea* will effect a cure (all these remedies in sol., 6—24 h.).

When the mixtures which the unfortunate patient had to swallow, contained *Conium* or *Cicuta*, *Digitalis*, *Laurocerasus* or *Acidum Hydrocyanicum*, it is sometimes scarcely possible to save him, unless a good constitution throws it off, assisted by proper living, fresh air and the drinking of much water.

Persons who have swallowed much *Assafœtida*, or much *Valerian* and other drugs which enter largely into the composition of some quack pills, are generally in a very critical situation. *China* or *Mercurius vivus* sometimes counteracts the effects of *Assafœtida*; *Coffea*, *Nux vomica*, *Chamomilla* or *Sulphur* those of *Valerian*; *Pulsatilla* and *Nux vomica* those of *Colchicum*; *Belladonna*, *Bryonia* and *Arnica* those of *Senega*; *Mercurius vivus* or *Belladonna* those of *Sarsaparilla*.

If a person feels bad effects soon after the application of a blister of spurgelaurel (*mezereum*), let him first smell camphor, and afterwards, if these effects appear in the mouth or in the bones, give *Mercurius vivus*; and if they appear more in the limbs, *Bryonia* or *Rhus*.

If the application of Spanish flies produce bad symptoms, let the patient smell camphor frequently, and, if this does not counteract them, give *Aconite* or *Pulsatilla*.

When children have taken much rhubarb, and consequently are troubled with much flatulency and slimy diarrhœas, give *Nux*

vomica; if they have sour vomitings during the night, elayey stools and diarrhœa, Pulsatilla; if they have sour stools, green or mixed with blood, Mercurius vivus; bad colic and green evaeuations, Chamomilla, and if the colic does not get better, Colocynth (all in sol., 6—12 h.).

Effects of Magnesia.

If a person has taken Magnesia and feels poorly, particularly after burnt magnesia, let him smell sweet spirits of nitre; if he cannot sleep, give Coffea (dry); if it produces violent pains in the bowels, give Chamomilla (in sol., 2—4 h.), and if they are very bad, without much or any evacuation, give Colocynth (in sol., 2—4 h.); if no evacuation follows in 24 hours, give Nux vomica (dry); if the patient has violent pains, and is burning with fever, give Arsenicum (in sol., 3—6 h.); but if the magnesia has produced sour thin purging with colic, give Rheum (in sol., 3—6 h.), and if this fails, Pulsatilla (in sol., 3—6 h.). The same remedies should be given, if similar effects are produced by Epsom salts.

Effects of Sulphur and Iodine.

The effects of sulphur are occasionally as bad as those of mercury, and the tedious complaints which it produces as difficult to cure. If a person feels unwell soon after having used it, he should smell camphor; if this does not relieve him and when the pains are violent, particularly in the head, accompanied by heat, let him take Aconite (in sol., 4—6 h.); later, when the complaint has become tedious, Mercurius vivus or Pulsatilla, and sometimes, according to circumstances, Silicea or Sepia (dry). For the bad effects of sulphurous vapors from the lighting of matches, from which children often get coughs, shortness of breath and pains in the throat and chest, Pulsatilla (in sol., 6 h.) is the best remedy.

If sulphur has been given to children, in conformity to a notion entertained by some parents of its beneficial effects, especially in the spring of the year, and it occasions fever, with cutting pains in the bowels; or if eruptions, for which it is given, should

be suppressed ; or when very painful boils ensue, Belladonna is very often efficient ; care is, however, to be taken afterwards to guard the children from taking cold, not by keeping them in warm rooms, but by preventing their being in draughts, or sitting on the ground, &c.

When patients suffer from Iodine or Iodide of Potassium, administered, as is usual, in large doses, and for a long time, give Hepar (3rd tit. in sol., 12—24 h.).

Effects of Mercury.

This is the universal elixir of the quacks in all diseases, who, whilst they pretend to restore their patients to health, destroy their constitution. It is administered as calomel in powders, or dissolved as corrosive sublimate, or in pills—those abominable blue pills. Beware of all prescriptions in which names like the following occur : Calomel, Mercu. subl. corros., Merc. præcipit., Hydrargyrum, Hydrarg. chloridum, Hydrarg. bichlorid., Argent viv. People are frequently imposed upon by being told that Mercury can be expelled again by taking aperient medicines after it. Those who hold such language, close their eyes to the effects which ensue from taking Mercury ; for, supposing it was as easy to remove the Calomel as it was to swallow it, the effect produced upon the body will certainly remain ; just as if you were to drive a nail into a man's leg, and then pull it out again ; the hole will remain ; it will heal after a while, but requires time and a rational mode of treatment, or the consequence may be very serious. To give aperient medicines then for the effects of Mercury, is about as sensible as if I were to poke a wooden peg into the wound made by the nail, and imagine it to be all right again.

Mercury, in all its preparations, however, cannot be expelled again so easily, and least of all, by purgatives, as it immediately penetrates every part of the system, the fluids, the glands, and even the bones.

This is the reason that the slow poisoning by mercurial medicines is far more difficult to cure than natural disease ; it

always requires much time, and in many cases mitigation of the sufferings is all that art can effect for the patient.

In most cases, as well immediately as long after taking Mercury, Hepar (3rd trit. in sol., 12—24 h.) will be found of great service, particularly for the following symptoms: headache during the night, loss of hair, painful lumps on the head, inflamed and red eyes, with pains in the nose when pressed, eruptions round the mouth, phlegm deep in the throat, much saliva in the mouth and ulcerated gums, swelled tonsils, hard glands, on the throat, a pricking pain when swallowing, coughing, breathing, or vertigo in the head, inflamed suppurating boils in the groin or under the arm-pit, or small ones on the chest, thin evacuations, with a great effort, sometimes mixed with blood, slimy and green; the urine dark red, hot and acrid; coughing when a hand or foot gets cold, or after drinking, sometimes accompanied by spitting of blood; whitlow, or other red, inflamed swelling on the hands and fingers, also on the knee, like rheumatism; the skin does not heal well; every little wound or scratch suppurates and spreads; the skin of the hands and feet bursts; ulcers, which bleed easily, burn in the night, with throbbing and acute pain; chilly in the air; in the night chills and frequent pains in the limbs; also fever, and afterwards clammy, sour perspiration; the patient very sensitive, the pains almost produce fainting.

It is advisable, after continuing its use for six or eight days, to await the effect of Hepar for some days; if it produces slow improvement, wait a fortnight; if after this the improvement does not continue, repeat the same medicine in the same way; if the improvement was but of short duration, and it was absolutely necessary to give something, Belladonna would be the best; the same will answer, when Hepar has been given two or three times, once every fortnight, and has lost its efficacy.

For complaints of the mouth and throat, for swelling of the tonsils, and deafness, give Hepar and Belladonna (in sol., 12—24 h.), and if they produce no change, Staphisagria (in sol., 12—24 h.).

For great sensitiveness to the weather, violent pains, particularly during the night, worse when touched, great weakness, when the patient has been debilitated by much purging and salivation, give China (in sol., 12—24 h.), and if this, after having been administered for a week, has no further effect, give Carbo vegetabilis (dry), particularly if change of weather makes the patient worse.

If, after taking some of the remedies recommended above there still remain rending pains in the bones and gouty swellings, give Dulcamara, and afterwards Phosphoric acid; for swellings on the bones (nodes), give Phosphoric acid, and afterwards Staphisagria; and when this ceases to do good, Calcareo (all dry), repeated several times at two or three days' interval.

If these medicines have been taken for a considerable time and the complaint is not completely removed, try Sulphur (dry), and some time after one of the above remedies again. If Sulphur gives relief, take several weeks afterwards Calcareo (dry), and after that some other suitable medicine, for instance, Lachesis (dry).

If a person has taken much Mercury, and afterwards Sulphur, it will be well to give Mercurius vivus, and then Belladonna or Pulsatilla (all dry).

When a person has taken much Mercury, but no Sulphur after it, and Hepar should not seem to be quite indicated, according to the foregoing description, give Sulphur (dry).

In tedious complaints, caused or aggravated by Mercury, select from the following: Hepar, Belladonna, China, Phosphoric acid, Carbo vegetabilis, Dulcamara, Staphisagria, Lachesis. In many cases, where immediate relief is required, Opium, Pulsatilla, or the medicines prescribed under "Poisoning," will answer; in some few cases, Arsenicum, Ferrum, Rhus, or Silicea will be available.

Effects of Lead.

Lead is often an ingredient in medicines, such as white ointment, plasters, Goulard's lotion, &c., which are used to dry up and cure eruptions, ulcers, bruises, burns and wounds. It is

almost as poisonous, when it is applied externally, as if it were used internally, and produces constipation, colic, cough, and complaints of the lungs. To remove these effects; give Opium, followed by Belladonna, and afterwards, if necessary, Mercurius, Belladonna, Platinum, or Nux vomica.

Effects of Arsenic.

If the so-called medicines contain Arsenic, which is mostly given in fever and ague when the quinine powders will not cure it, for many skin diseases, or for cancers, applied both internally and externally, and which generally aggravates the disease, give, every hour or two, Ipecacuanha (in sol.); and if this does not effect some improvement, give Nux vomica (in sol.); if these remedies fail, or if, from the symptoms, Veratrum, Ferrum, or China seem to suit better, give one of these.

Effects of Iron.

Iron is frequently given as steel drops, steel pills, &c., for intermittent fever, green-sickness, and complaints of the lungs; but instead of curing the evil, it generally makes it much worse. When the menses are not regular, and in general, when patients are weak and pale, there are some who imagine, that if they be painted red inside, their outside will likewise become the more fascinating, or, that the iron will enter the system and make them strong. Iron, however, taken in large quantities, as a medicine, is injurious, as well as all the other metals, only it does not kill quite so rapidly. A proof of this assertion we find in springs which contain iron, and in which rust is formed; neither man nor beast thrives upon this water; and even those who at last become accustomed to it, will sooner or later suffer from its effects. In cases where speedy relief must be afforded, give Pulsatilla or China (in sol., 12—24 h.), and if they do not avail, give Hepar (dry), and after some time the former medicines again.

In all cases of poisoning by medicine, it is necessary to look

under the particular complaint, and to give the medicines there recommended in preference.

He who has already taken different medicines, and has become worse and worse by their use, will do well to lay them all aside, no matter what they are called, and should his health not improve of itself, nor from the medicines which have been recommended here, let him apply to a competent homœopathic physician, and in view of all the existing circumstances, not expect miracles. It is often very difficult to give relief to the sufferer, and in most cases it takes a year or more, before he begins to improve, provided he has no hidden disease, which neither the old nor the new method can cure.

CHAPTER VII.

OF POISONING.

WILFUL murder and suicide, by poison, are but rare occurrences; most cases of poisoning originate in the carelessness with which poisonous things are handled, in the ignorance of their poisonous qualities, or in the wicked adulteration of eatables and of liquors. With the necessary knowledge, we are frequently able to avoid this danger. As it is of importance to everybody to be acquainted with the poisonous substances which threaten life, we will in the first place give some directions, how we may discover these adulterations; how we can guard against other kinds of poisoning; and then recapitulate the remedies, which every one is able to apply himself.

ADULTERATION OF FOOD AND LIQUORS, AND HOW TO DETECT IT.

1. Adulteration of Wine.

Wines are most frequently adulterated, and here more than elsewhere; those imported into this country have either been adulterated already by the shipper, that they might keep, or it is done here when they are near spoiling, or to make them re-

semble wines of better quality, or for other purposes. We will give directions how to recognize adulterated wines, that the honest dealers and venders of wine may be able to examine the articles which they purchase, and that all who have to deal with rascals may first test the wine. All those who, by the directions given below, shall discover that wine has been adulterated, if they have a spark of feeling for their fellow-men, should expose, without the least hesitation or forbearance, the persons so offending, that this horrible practice may be checked in this country. It is true, that the venders may excuse themselves by saying that they have bought the wine in that state. But the poison is there, and no one should deal in wine who does not know how to discover these adulterations, or who has not trustworthy people from whom he orders his wines. At all events it ought to be made known that he had been deceived, and particularly by *whom* he had been deceived.

Wines may be adulterated with harmless or noxious substances, and whoever employs the former will employ the latter, for the distinction is but too easily overlooked. The chief harmless articles used for the adulteration of wine, are *water, sugar, brandy and various colouring matters*; but as these are not fraught with mischief to the health, we may pass them over and proceed to point out some adulterations which operate as a slow poison and which may be the cause of many diseases.

a) *By lime or chalk*.—Lime or chalk is often used to restore wine that is spoiled, or to give new wine the appearance and taste of old; this admixture is very injurious to all who drink it. It may be detected by taking a few grains of oxalate of potash, and dissolving them in two tablespoonfuls of distilled water, or in water obtained by letting the steam from the spout of a tea-pot, filled with boiling water, pass into a cold vessel. This solution, itself a poison, drop into a glass of wine; if you perceive in a few minutes a whitish cloud in it, and the next day a white sediment, there is lime or chalk in the wine. Such wine drunk frequently, is apt to occasion gravel, hard glands, swellings, ulcers, sore eyes, tedious headache, diarrhœa, &c.

b) *By sulphur or brimstone.*—Sulphur or brimstone is often found in wine, and many pretend that wine cannot keep without it. This, however, is erroneous, and much sulphur in wine acts as a poison, particularly with persons of a consumptive habit, or who are subject to bowel or liver complaints; in fact, it is injurious to every one who drinks it. The presence of sulphur may be easily detected by putting a clean new-laid egg into a tumbler, and filling it with wine; if the wine contains sulphur, the egg will be of a blackish color in a few hours, and well polished silver teaspoons will be blackened by the same process. Another test is to drop a little lunar caustic, dissolved in water, into the wine; if a black or brownish black precipitate is formed, the wine contains sulphur.

c) *By alum.*—Alum is sometimes contained in wine, and renders it very injurious, when drunk often; a single glass will not unfrequently prove hurtful to a person of delicate health. Dissolve potash in water, strain it through blotting paper, and pour some drops of this solution into the wine; if it foams, and precipitates a white powder, there is a probability of there being alum in the wine. If you desire a more decisive proof, apply to a chemist, or, dissolve the above mentioned white powder, in sulphuric acid diluted with water, adding a small portion of sulphate of potash. Let it evaporate on a stove and crystalize. Should it appear in the form of pyramidal crystals, having the sweetish astringent taste of alum, the proof is positive.

d) *By lead.*—Lead, or some other metal, is often found in sweet wines, sometimes also in other wines, and is indeed a slow poison, worse than any other adulteration.—A nice taste will detect metallic poison in wine, the sweetness of which is disagreeable. Dilute sulphuret of lime in water, and drop some of it into a glass of wine—if it turns brown or black, it contains metallic poison. Suspend a bit of polished zinc in the wine—delicate fibrils of lead will form upon it, if this metal is contained in the wine. Dissolve Glauber Salts or Sulphate of Soda in lukewarm water till it becomes saturated, let it cool, then pour into a tumbler half filled with wine, as much of it as will fill the

tumbler, let it stand over night, and there will remain a white sediment from the lead. If you put into a glass of wine a few drops of sulphuric acid, and the wine becomes turbid and leaves a white sediment, it contains this poison.

e) *By corrosive sublimate.*—If you put a few drops of hartshorn into a teaspoonful of water, and throw this mixture into a glass of wine and it leaves the least sediment, the wine contains corrosive sublimate. Another test is as follows: Put a gold coin on a piece of zine, put both into a split made in a small stick and hold the stick in a large tumbler full of wine. Should a gray dust immediately appear on the coin, there is corrosive sublimate in the wine.

f) *By arsenic.*—If you dissolve lime in water till the latter becomes saturated, then pour off what is clear into a clean tumbler, and drop some wine into it; if the wine occasions white clouds, it is likely that it contains arsenic. To convince yourself still more fully, dissolve sugar of lead in Aquafortis, pour a wineglassful of this solution into a bottle of wine into which a little hartshorn has been previously put, and stir it. The next day pour off what is clear, and with the turbid part wash the sediment well out, and strain it through blotting paper, till the liquid has passed through; then after the sediment has been dried on the paper, put it upon live coals; if it smells like garlic, it is arsenic.

Other corroborative tests for arsenic in wine or any other fluid are, 1, the ammonio nitrate of silver, which throws down a rich yellow precipitate of arsenite of silver, rapidly changing to a greenish brown colour; 2, ammonio sulphate of copper which causes a rich green precipitate, which varies in tint according to the proportion of arsenic in the solution to the quantity of the test.

It is not meant to imply that arsenic exists in the wine by the intention of the wine dealer or vender; but that vintners in the fumigation of their casks with sulphur, are ignorant that the finest sulphur is apt to contain arsenic, which has remained in it from its original preparation.

We recommend these last tests most especially to clergymen and elders, because we know for certain, that adulterated wines have been sold for religious purposes instead of genuine wines.

2. Adulteration of Vinegar.

Vinegar is often adulterated. For this reason use cider-vinegar, which may always be had pure. Wine-vinegar often retains the poison of the adulterated wine, from which it has been made. There is frequently sulphuric acid in it. This you can discover by means of a solution of sugar of lead, which causes a white sediment. Corroding vegetable poison is also frequently used. Such vinegar will burn on the lips, which pure vinegar will not do; it leaves also an acrid taste in the mouth. You can ascertain it still more positively by dropping a solution of potash into the vinegar, until litmus paper dipt in it no longer turns red. Pure vinegar will then have lost its sharpness altogether, and only taste like salt or lye, while an adulterated article will remain of a sharp and acrid taste.

3. Adulteration of Beer.

Beer is frequently adulterated, but it is difficult to detect the poisonous ingredients, except by their pernicious effects. This is generally the case with the far-famed London brown stout or porter, which are occasionally adulterated with those deleterious substances, *Nux vomica*, Tobacco and *Cocculus Indicus*. You may perceive this by a sudden intoxication and headache the next morning after drinking it, or by its producing nausea in a healthy person after drinking a tumblerful of it on an empty stomach. Any brewer who uses other substances in his beer than malt and hops, brews an unwholesome beverage; salt and sugar are allowable, but the effects of other substances will sooner or later be felt by those who drink the beer. It is an injurious deception to use bitter roots and herbs instead of sufficient hops and malt; but *Cocculus Indicus* is nearly as bad as arsenic. Alum and vitriol are sometimes used; how they may be detected we will shew in the sequel, under "Bread."

4. Adulteration of Brandy.

Sometimes there is poison in Brandy, with or without the fault of the distiller, particularly if the fermentation proceeds too rapidly or is continued too long. This you will perceive by boiling the brandy in a bottle put into a kettle full of water, over a slow fire, till all the spirituous parts are evaporated. An acrid, disagreeable taste proves the existence of poison; and experiments similar to those recommended for wines will show what it is. It is usually lead.

5. Adulteration of Sweet Oil.

Sweet oil is often adulterated with lead or copper. Dissolve liver of sulphur in water and mix the oil with an equal portion of this solution; if it turns brown or black upon being shaken, it is poisonous.

6. Adulteration of Milk.

Milk is sometimes mixed with potash or lime; by putting some *Aquafortis* into it, it will foam. When milk has been adulterated with starch, it will thicken in boiling; or if you strain it through fine linen, something will remain behind.

7. Adulteration of Butter.

Butter often contains chalk, sand or dye-stuffs. Melt it in hot water, and the foreign substance will be precipitated or mix with the water.

8. Adulteration of Flour.

Flour is often adulterated with sand, plaster, &c. Burn some of the flour or bread to ashes, and you will find the white grains in the ashes.

9. Adulteration of Bread.

a) By Potash.—A trifling admixture of potash can affect only nervous, debilitated persons, but when there is much, it may prove injurious to the strongest—occasioning dyspepsia and other

accidents. Pour hot water over the bread till it is quite covered, and let it get cold; then put a strip of litmus paper into it, which has previously been reddened by being drawn through weak vinegar. If it turn blue again, there is much potash in it; the quicker it changes the more potash there is in the bread.

b) *By magnesia*.—Magnesia is also used as an admixture to give to bread, baked of bad flour, the appearance of good bread. This is principally injurious to children and to people of weak stomachs; you may perceive it by its taste being more or less bitter. Burn a pound of such bread to ashes, and you will find the magnesia.

c) *By alum*.—Alum is a very pernicious substance, and frequently used. In England the bakers make no secret of it, and mixtures of Flour and Alum, or Alum and Salt, are sold publicly, intended to make white bread out of inferior or spoiled flour, which is doubly detrimental to those who eat it, as spoiled flour is of itself unwholesome. Some bakers do it without knowing that they injure the health of their customers. To detect this adulteration, soak the bread in water, knead it till it dissolves, adding enough water to make it thin, let it remain over night, then strain it, boil it down and let it stand; the crystals of Alum will adhere, and you can taste it.

d) *By copper*.—Copper is the worst of all adulterations, and thousands had been poisoned with it by the bakers in France and Belgium, before the physicians discovered the imposition. When a baker furnishes bread uncommonly white, fine, large, and heavy, you should be on your guard. When such bread is burned, the flame now and then burns green. To convince yourself perfectly, soak some pounds of it in water, and add enough to cover the whole completely, let it get sour and stand until it becomes clear. If you suspend a rod of polished iron in it, and this turns ever so little red, you may be sure that the bread is poisonous, and will seriously injure the health of any one who eats it.

We will now call the attention of our readers to some other poisons, which ought to be known, that they may be guarded against.

We are apt to inhale poison in the air. Old wells, caves, cellars, vaults, and particularly old privies, frequently contain air that is deadly poisonous; we should, therefore, not enter such places without proper caution, and previously purify the air by lighted straw or gunpowder. The fumes of charcoal in a close room, or the exhalations arising from smouldering woodwork may cause the death of those who sleep exposed to these dangerous influences. The dry rot in a house, which gradually destroys the timber and walls, can cause dangerous diseases to its inhabitants. Buildings in this condition are not tenantable, and ought to be pulled down, unless the dry rot can be removed. The smell of walls, newly whitewashed, of paint in new buildings, or wherever much painting or varnishing has been done, particularly with poisonous green or red colors, consumes the pure, and engenders a mephitic air. Nothing that has a strong odour ought to be suffered in sleeping rooms; no clothes to dry; no highly scented flowers, herbs, fermenting substances, fresh hay, vermin-poison, or quicksilver—all of which will prove injurious to the sleeping—and especially to children, and to females in confinement. For in sleep, man is more exposed to noxious influences, and things which he would hardly notice when awake, or the injurious effects of which he would easily overcome, may affect him seriously, and even kill him. A person may become ill from sleeping on damp ground, exposed to a draught, in sunshine or moonlight, close to a hot stove, or in an atmosphere filled with odours of any kind.

Water is often impure, and people get ill from using it. Springs which are avoided by cattle, and have a reddish or brownish sediment, are injurious. Whoever considers the loss of time which a trifling indisposition may cause to a whole family, will not deem that time lost which is spent upon improving the water.

Drink no water from rivers on which, a little higher up, there are manufactories, from which dye-stuffs and other noxious matters run into it. Spring or well water is hard, or contains particles of lime or iron, if soap will not dissolve in it; such

water ought to be boiled before using it. You should, however, not drink too much, nor too often of it, but rather accustom yourself to rain water if favourably situated for procuring it pure and without the admixture of smoke and soot, it should be preserved in cisterns, or in casks, slightly covered. Water containing sulphurous or salty particles, ought never to be used for drinking or culinary purposes, except in cases of the greatest necessity; for water of this kind cannot be improved by boiling. Stagnant water from ponds, pools, &c., ought not to be used; yet, when no other can be had, it may be improved by throwing into it powdered charcoal, shaking it well, and straining it through a double linen or cotton cloth. A good filter or drip-stone is even better for this purpose, and no family should be without one. Such water contains putrid organic particles, and eggs of insects scarcely visible, which occasion tedious fevers, and other diseases; it will avail nothing to mix it with vinegar, molasses or brandy, if it has not been previously cleaned by charcoal.

Bad wells ought to be well cleansed and kept covered, for the water is hurtful, when leaves or other vegetable substances are rotting in it. Pipes of copper, lead or zinc, used to convey water, render it injurious. You should always let so much water run out, as may have stood in the pipes. Gutta percha pipes are the best that can be used for conveying water.

Milk.

Milk is often noxious, nay, poisonous, from disease of the cows—and an individual not quite devoid of conscience, will rather sustain a small loss himself, than subject others to a loss ten times heavier.

Distiller's slops, continually used, never fail to produce disease in the cows, and render the milk highly injurious to the health of the consumer. Hogs, when fed for a length of time upon this innutritious substance, have been known to lose their teeth, and die in consequence.

Meat.

The meat of sick animals, slaughtered when they were dying,

is very injurious, particularly if the animal had any eruption, or disease of the bowels. The consequences may not appear immediately, but they are certain to come some time or other.

Meat, badly smoked, or when undergoing the smoking process, not kept constantly in the smoke, or during that process exposed to frost; sausages smoked badly or kept too long and become greasy in places; hams, not salted sufficiently, or taken too soon out of the pickle, and smoked at intervals, or in the spring, when they get alternately warm and cold, or kept piled upon each other in boxes, or packed when damp—particularly when they are smeary around the bones, and have a bad rancid smell,—contain a very violent poison, which, in many cases, may be the cause of incurable disease.

The same poison is also generated in hams and meat, when preserved with pyroligneous acid, instead of being smoked. You can easily know the poison which is developed in fat, or cheese, or old ham, by rubbing a portion of them on blue litmus paper, when, if the poison is present, the paper will turn red or reddish. The same poison is contained, though in smaller quantity, in rancid bacon, rancid butter, or rancid oil. It would be best to throw away everything of this sort—yet, if you must use them, let them be well washed. This should be done first in cold water, then in three or four times as much boiling water; let it boil about ten minutes, take it out of the water, wash it again in fresh water, and try whether it still contains the poison.

Whatever has become putrified—meat, blood, eggs, cheese, fruit, &c., is hurtful, often poisonous, and nothing can be done to improve it. Meat, preserved in summer by ice, and which has acquired a certain red appearance, having no longer the proper smell of flesh, is very unwholesome food. Putrid fish, though ever so well dressed, is a very dangerous food.

The gall of every animal is poison.

Poison is also generated in curds and cheese prepared too damp, or without a sufficient quantity of salt.

Vegetables and Fruits.

No one should eat vegetables or fruits of any kind, if he does not know them well; and children ought to be early accustomed to partake of no fruits, &c., unknown to them. It is often the case, that poisonous insects infest vegetables (cabbage in particular), or leave their slime on them; and consequently render them very injurious. Mildew which blasts vegetables, is also poisonous. Ergot, which is frequently found in rye, is hurtful to man and beast. Also the seeds of many weeds are noxious. Dry vegetables, containing insects and worms, ought to be carefully avoided. Nuts may taste sweet, and yet contain rank poison. Even walnuts become injurious, when old and rancid, and occasion in many a child a dangerous cough or diarrhœa, often ascribed to a cold.

Raisins, figs, and prunes are a very good relish, provided they are perfectly sound, though there are some persons who think them injurious, or even look upon them only as a kind of cathartic. This point is easily settled by a closer examination, which will show that the white dust adhering to the fruit and resembling sugar (though in some instances it may be sugar), proves to be a beautiful little grove of coral, thronged by large, bristly animalculæ. No wonder, that with children, diarrhœa is produced by such bristly guests. All such things ought to be carefully washed, first in cold and then in hot water before they are used.

Mushrooms.

Many of these fungi are poisonous. It is not true, as has been alleged, that poisonous mushrooms cause onions to turn black.

The best precaution in regard to their use is, to eat none from which a milky juice exudes; none that are old or that dissolve readily. As to all others, make inquiry and learn which are eatable. Taste them raw, and if they have anything acrid or disagreeable either in taste or smell, do not use them. Let them be well washed in cold water, have them pared and all the gnawed parts cut out. When cut up they should be scalded

with boiling water, then allowed to stand a-while, and afterwards be boiled in fresh water.

No one should eat fruit which is half ripe on one side and rotten on the other; at least not without first cutting out whatever is spoiled. If proper attention was given to this matter, we should not be so frequently troubled with bowel complaints in childhood, and weakness of stomach in after years.

Kitchen Salt.

Good kitchen salt being an indispensable article, every father of a family should endeavour to have it pure. When salt exposed to the open air easily becomes moist, it is bad. If an ounce of fine salt does not perfectly dissolve in four ounces of cold rain water, it contains plaster of Paris, and is injurious.

It is a great error to suppose that salt is absolutely wholesome, and that too much of it cannot be eaten. A small quantity suffices to make food palatable and is not unwholesome, but the excessive consumption of it indulged in by many is not only unnecessary but even attended by great danger to the health. It causes dyspepsia, constipation, chronic catarrhs, skin-diseases, &c., and many patients labouring under these affections owe them solely to their immoderate use of this otherwise indispensable condiment. Most of the ordinary articles of food contain naturally a sufficient supply of salt in chemical combination with them, and when more is required, the cook should be entrusted with the seasoning, as salt is found to be less apt to produce its deleterious effects when combined with the food in the operations of cooking, than when added afterwards. It is highly objectionable to dip every mouthful of food in salt as we so often see done, especially in this country. Other nations seem more rational in their use of this condiment.

Kitchen Utensils.

Care should be used in regard to kitchen utensils. Earthenware is often glazed with poisonous substances. Let vinegar stand in a vessel of this kind over night, and the next morning mix it with a solution of liver of sulphur in water, and if it turn black,

there is poison in the glazing. Nothing acid should stand or be prepared in such a vessel.

Caution is to be recommended respecting iron utensils glazed inside. Copper vessels ought never to be used in the preparation of any thing that is sour; they should always be kept clean and polished, and whatever is *cooked* in them ought *not to be left in to cool*, for while cooling it will be most apt to imbibe the poison.

The same precautions should also be observed with regard to tinned utensils. During the process of cooking, the tin should not be suffered to melt off, nor should the bottom of the vessel be scraped by stirring its contents with a spoon.

It is owing in no small degree to the neglect of these things, that we hear of so many slow and tedious diseases which no physician can cure. All those who are so ignorant as, when pickling, to give to cucumbers or beans a fine green color by boiling them in copper vessels, and then eat such trash on account of its fine appearance, or to draw vinegar from casks by a brass spigot, must not complain when they suffer from a weak stomach, or colic, cramp, or nervous diseases; nor expect that a physician or any medicine can expel the copper out of the system as readily as it has been introduced. There are those who can bear it for a long time, yet the bad effects will inevitably follow sooner or later. The copper in its metallic state is not necessarily injurious when introduced into the body, but copper dissolved in vinegar is always poisonous. Coppersmiths are not apt to be more ill than other people, and a person swallowing a copper coin gets rid of it without sustaining any injury. You may have a leaden bullet in your flesh for years without detriment; but the same lead dissolved and taken would destroy you in a few hours.

Paints.

Paints are noxious, because they nearly all consist of injurious metallic substances in a state of solution. White lead and other white colours are nothing but preparations of lead, and are as bad if prepared from bismuth or tinglass and tin. Red lead is lead combined with oxygen or acids, and vermilion or cinnabar is quicksilver combined with sulphur. Massicot, Chrome, Naples'

and other yellow colours are compositions of lead. King's yellow, and orpiment are combinations of arsenic. Blue paints contain copper as ultra-marine; or that virulent poison Prussic acid, as Prussian blue, Paris blue, mineral blue; or cobalt, which, though not as pernicious as arsenic, operates badly enough; it enters into the composition of smalts, king's blue and blue starch. Green paints consist chiefly of copper, as verdigris, mineral green, Brunswick, &c. The chrome green is very hurtful, but Scheel's green is worse, because it contains arsenic and proves injurious even by exhalation. That it contains arsenic may be proved by strewing some on live coals, when it will smell like garlic. This colour is much used in paper hangings, which often cause all the symptoms of arsenical poisoning.

Bronze which is used in gilding and silvering toys is composed of copper, quicksilver, zinc, tin and bismuth.

Therefore be careful with such paints, do not let their dust fly about, never use paints, nor cover the walls of your rooms with paper containing arsenic, nor suffer any to come near the things that are used in the kitchen. To small children, no paint boxes nor painted wooden or leaden toys should be given, because it is actually putting poison into their hands; colored wafers may also prove injurious to children.

Although mineral paints are the most poisonous, yet others also contain deleterious substances. Gamboge is a powerful cathartic. Indigo causes violent cramps and swellings. Cochineal causes toothache and obstruction of urine. And we might enumerate many others. However, where painting is to be done, use in preference, chalk, dyed yellow with birch leaves or curcuma, or blue with indigo, or green with both; ochre and other iron colors; also woad, madder, orleans, cochineal and carmine.

In order to get rid of the smell of paint in houses that have just been painted, place in every room a basin containing unslaked lime.

Cosmetics and Washes.

Of cosmetics and washes we cannot speak with any qualification, as it is known that all of them contain poison, and that of

the worst kind. Cosmetics that are not poisonous will not keep long, and such as do keep are poisonous. There is but one true cosmetic ; that is, fresh air and water, and a rational mode of living.

To induce ladies to leave off the use of these poisons, the following method will be found most effectual. Let them, after using paint, wash themselves in the dark with water in which some liver of sulphur has been dissolved. It can do no harm, and will have the desired effect.

Oil of vitriol, aquafortis, spirits of salt, aqua regia, salts of white sorrel (called also salts of lemons and used to take out spots) are dangerous articles, and should never be left within the reach of children. Sulphuric acid much diluted is not poisonous ; aquafortis mixed with strong spirits is not so dangerous ; but the others, however much diluted, operate as violent poisons. The common, or caustic potash, lunar caustic, hartshorn, unslaked and even slaked lime are dangerous substances.

The injudicious use of these things given through ignorance in too powerful doses to sick or fainting persons, has been highly injurious, and in some instances, even fatal. They ought never to be given to smell, or otherwise used, except much diluted. Alum, vitriol, saltpetre, sal ammoniac and liver of sulphur used too profusely are also injurious.

Not only things containing mercury, arsenic, lead and copper are poisonous, but also those in which there is antimony, orpiment, and various powders. Also whatever contains tin, bismuth, zinc ; lunar caustic (in short, almost every thing that is bought at an apothecary's shop), all minerals and chemicals are more or less dangerous. Even harmless things, improperly used, may prove so.

Panaceas and Vermifuges.

The worst, the most injurious of all poisons are those abominable panaceas, nostrums, pills, &c., which, under numerous enticing names, are palmed upon the public. No physician will deny that sometimes cures have been performed by them, yet every one knows how seldom this has happened. No medicine will do good unless properly applied.

From the manner in which panaceas and other nostrums are extolled and recommended, it is apparent that those who offer them for sale are only anxious to find purchasers. Thus pulmonary consumption is no fixed disease, against which a specific can be recommended. It is so very different, and in almost every case so peculiar, that careful investigation is necessary to discover its nature. The remedies must be adapted to the peculiarities of the disease. One and the same medicine cannot possibly answer in all cases. Nor can you rely upon the certificates which accompany the recommendations of these universal medicines. A case often appears worse than it actually is, and even medical men may be deceived, while at the same time a trifling medicine, sometimes simply cold water, will cure it.

The great number of universal medicines which we see extolled as specifics for various diseases, certainly reflects no great credit on the inhabitants of this country. It proves the ignorance and credulity of the purchasers.

He who buys and uses such articles may be compared to him who buys a lottery ticket. The ticket venders are the only persons certain of a large profit. As many blanks as are in a lottery, so many are there in these universal medicines; and the number of prizes in the one and of cures in the other are about equal.

No man of sense will venture in a lottery, if he cannot spare the money, which in all probability will be lost. But he who ventures in a medical lottery, not only loses his money, but, if he does not get a prize receives certain injury, rendering his case worse, more obstinate, and more difficult to cure.

When a physician prescribes medicine for you, you know at least what you get, and should it prove injurious, it may at least be counteracted; if you have not taken too much of such medicine or persisted in the use of it for too great a length of time, it is always possible to repair the injury that has been done. But with those unknown universal medicines this is impossible; because we do not know what we are to treat. Whoever relies upon the impudent assertion that nothing injurious is contained

in these nostrums must be credulous indeed. We have mentioned already, in the preceding pages, that the poison from many plants is as virulent as that from minerals.

Many of these universal medicines contain, also, mineral poison. For instance, the colorless fever drops contain arsenic; the imperial pills mercury; and so with many others. Many things of this kind are sold at an enormous price, and the ingredients of which they consist may be had in every apothecary's shop for a tenth part of their cost; for instance, Haarlem oil is nothing but a combination of sulphur with oil, and the value of a vial full is less than a halfpenny. So it is with all others.

There is not a single one of these pretended secret medicines that a real physician might not have discovered and made known. A physician can apply every medicine in its proper place: the vender of nostrums cannot—his object is to make money; whether his medicine kills or cures is a secondary consideration.

Beware of giving children the so-called worm medicines. Whoever is so inconsiderate as to fill the stomachs of his children with such trash, should first try these nostrums on himself, and every morning take a small spoonful. It will soon cure him of his folly.

This remark applies, also, to remedies for vermin on the head. These remedies in general are poisonous. Cleanliness is the best remedy, and should frequent washing and combing not avail, rub oil or a little tobacco juice into the hair. Cleanliness will also exterminate all other description of domestic vermin, therefore do not run the risk of having poisonous remedies in the house, for they often contain corrosive sublimate or something similar, and their very smell is injurious.

Camphor or even musk is frequently made use of against moths in fur and clothes, but their odour, especially in bed-rooms, is very injurious. Camphor is, likewise, apt to affect colors, and the effects of musk continue even after it has evaporated. Pieces of Russia leather, lavender, thyme, spirits of turpentine, or tobacco leaves, will answer equally well.

Vermin in grain are more easily expelled by strong smelling plants, and frequent shifting, than by poison; and there are many instances, where notwithstanding the utmost precaution, men have been killed instead of vermin.

What is to be done in cases of Poisoning.

The main object is to expel the poison as quickly as possible and to prevent its spreading; or to render innoxious what cannot be expelled. Much depends upon promptness. Yet too much haste frequently leads to mistakes, and nervous agitation causes many to act without consideration.

The first requisition is, presence of mind. Whoever is possessed of this, should act, and direct what is to be done. Let him dispatch the bystanders after what may be wanted, thus rendering those useful who would otherwise be worse than useless.

In most cases when poison has been taken into the stomach, the principal object is to excite vomiting, particularly when the sufferer feels inclined to it; or if vomiting has already taken place, to promote it. The best means of effecting this is by administering tepid water, and tickling the throat with a soft feather.

Let water be heated as quickly as possible; in the mean time take the whites of eggs and beat them to a froth. Take pure white Castile soap and let suds be made. Let another person procure sugar, vinegar, sweet oil, milk and butter. Have some strong coffee made, and gruel of oatmeal, barley, lintseed, or meal of any kind.

These articles are usually to be found in every family.

Whilst you are promoting vomiting and procuring what is requisite, ascertain, if possible, what kind of poison the sufferer has taken. Sometimes a sudden case of sickness is erroneously attributed to poison. Consider, therefore, what may be the most probable cause of the attack, and should any uncertainty exist, do not hurry yourself. You may do many things at random

without doing any injury ; you will have to do this until you attain certainty.

There is reason to apprehend poison, when violent, dangerous symptoms, such as are indicated below, occur suddenly, particularly if these shew themselves at once, or soon after the sufferer has been eating or drinking. The probability will be still greater, if the patient has eaten any thing unusual.

Be therefore diligent in inquiring of the sufferer himself, as well as those who are about him, where he has been, with whom, and so forth. Preserve carefully what he has thrown up, and likewise whatever may have been left of his meals or drink. Do not suffer these things to be thrown away, although they should become putrified ; for mineral poison can be traced notwithstanding ; a matter which may prove interesting to the patient, or his relatives. Should this be a matter of importance, throw the whole together into one vessel, and pour plenty of strong brandy over it.

As in every serious case of the kind an experienced physician, or an apothecary, will no doubt be called in, let him subsequently examine these things.

The treatment must not, however, be deferred ; the assistance must be immediate, and while it is being rendered, the cause must, if possible, be ascertained.

Always consider, that he who is poisoned may die, if you apply too many things, or proceed with too much haste or violence. Reflect, and do one thing after another quietly and soberly, lest by the means applied you hurt the sufferer more than you do him good.

When you know what poison has been taken, or when you are almost certain, have recourse to such medicines as are prescribed against that poison, avoiding such as might prove detrimental.

When you are uncertain, act according to the following directions, proceeding from mild remedies to stronger ones, if the former prove insufficient. In cases of imminent danger you must, of course, use whatever remedy may be at hand.

Vomiting, or an inclination for it, is always a most important symptom, and especially so when occurring during, or soon after meals. It is right to promote vomiting, and this should be attempted at first, without having recourse to irritant substances. A good and a harmless emetic is lukewarm water, without either oil, grease or butter. Let the sufferer swallow as much of it as he possibly can ; at least every minute half a tumbler full, and more if possible. Try to induce children to take it first by kindness, then by threats, and if neither will avail, by force, and if the latter has to be resorted to, open the mouth by inserting a finger between the jaw behind the teeth, and pour it in. Or you may, after the child has made an expiration, suddenly shut its nose and pour the water into its mouth ; but beware of doing this while the child is breathing.

At the same time let the patient put his finger down his throat, or take a feather, put it into the throat, and turn it around till it excites vomiting. Let the patient incline forward, place your hand on his stomach, support his head, beating him softly between the shoulders. Let him rinse his mouth after he has vomited, and remain undisturbed for a few minutes. As soon, however, as he feels another attack of pain, or other symptoms, such as retching, hiccough, or uneasiness, let him drink again until it appears probable that every thing has been ejected.

If he cannot be made to vomit, or if he cannot swallow, at least not sufficiently, or if he retches in vain, does not throw up as much as he drinks, or should he absolutely refuse to drink, and you cannot introduce enough, or should he swallow again what has come up ; give him a table-spoonful of mustard seed finely powdered, mixed with a tea-spoonful of kitchen-salt in a tumbler-full of water. This generally will suffice, but if it has not the desired effect, a strong emetic of Ipecacuanha or Sulphate of zinc should be given. These substances being immediately ejected cannot do much injury to the stomach, and any temporary inconvenience they may produce, is not to be regarded in comparison with the permanent bad effects, or even fatal result that might ensue if the poison were left in the stomach.

In case the sufferer can get nothing down, is quite confused, cannot swallow, his jaws being tightly closed, blow some tobacco smoke into the anus. To do this if the proper apparatus cannot be obtained, take a pipe filled with tobacco, light it, grease the point of its mouthpiece with oil or fat, insert it in the anus, not deeper than about an inch, turning it carefully; then place on the bowl of that pipe the bowl of another larger empty one, and blow through this into the other, propelling the smoke inward. After blowing three or four times, stop, and then begin again, and so continue until relief is obtained.

The next important remedy is the *white of eggs*. Have the whites of several eggs beat up, mixed with cold water, and let them be drunk. This will never do any harm and will certainly give relief, if the poison is metallic, or if the patient is suffering with violent pains in the stomach or bowels, feels as though he should purge, especially in cases of poisoning by corrosive sublimate, quicksilver, verdigris, compounds of tin or lead, alum or vitriol. Give the white of eggs freely and repeatedly, when the substance vomited is of red or green color, when dogs refuse to eat it, when the patient has a metallic, coppery, or salt taste in his mouth; in general, when you suspect that he has swallowed verdigris, red lead, vermilion, corrosive sublimate, &c. If the patient finds relief from taking white of eggs, you will continue it, and should he be affected with diarrhoea and pain in the anus, give him an injection of water and white of eggs. Subsequently proceed according to the directions given below.

Another very important remedy, in most cases of poisoning, and applicable when the white of eggs are ineffective, is *soap-suds*. But for this purpose you must not take soft soap, nor any resinous hard soap, except in cases of the utmost necessity, nor any soap which is stained red, as this is done with poisonous ingredients, but the best white Castile soap. Dissolve this in hot water, and let the patient drink a tea-cup full of it warm every three or four minutes.

Soap-suds will only prove injurious when the poison itself was alkaline, such as lye or potash, soda, caustic potash, salt of tartar,

spirits of hartshorn, smelling salts, salts of hartshorn, sal volatile, lime, slaked or burned, barytes (often sold as rats' poison, under the pretence of its not being injurious, because it is not arsenic). When the substance which the patient vomits does not smell sour, but like lye; when blue paper which had become reddish from having been drawn through vinegar, is turned blue by it; when it ferments upon aqua fortis or sulphuric or muriatic acid being dropped into it—in all these cases you must not use soap-suds, but substitute vinegar.

Soap-suds is a principal antidote in poisoning by arsenic, lead, oil of vitriol, aqua fortis, all strong acids, and most metallic solutions. You may conclude that the poisoning originated from acids, when the mouth of the patient is as if scalded, when blue paper dipped in what he vomited turns red on the instant. Soap-suds is also applicable when a person has swallowed alum. It will also prove beneficial in poisoning by plants of a burning, acrid taste, exuding a pungent juice or milk; likewise in dangerous accidents from castor-oil.

Vinegar, as already mentioned, is an antidote against alkaline poison. As soon as this is ascertained by observation, let the patient drink vinegar, and give him injections of it. Let him also drink slimy gruel which will excite vomiting. But vinegar is injurious after strong vegetable poisons, various salts, all mineral acids, arsenic, and particularly when the stomach is painful when touched. On the other hand, it is of great service in cases of poisoning by aconite, laudanum, mushrooms, all narcotics, carbonic acid gas, and liver of sulphur. In such cases give alternately gruel to bring on vomiting, and subsequently, after having vomited freely, let the patient drink vinegar again, which will remove the inclination to vomit. Vinegar also answers against poisonous muscles and fish. It is an important antidote against the poison generated in fat. If a person feels sick from having eaten spoiled hams or sausages, and his throat is very dry, and he feels nausea, hasten to give him vinegar to drink, not forgetting, however, the remedies afore-mentioned.

Sweet oil is a remedy by far too generally applied; it is taken

to be a principal one, which it is not. The same is the case with grease, butter, and similar things, as buttered water. Attention should be paid to the kind of oil used. Rancid oil, train oil, or sperm oil, ought not to be applied. Slimy substances will answer far better to envelope the poison, or sugar, which sooner soothes the stomach; or other means to neutralize the poison. When you are sure that the poison is alkaline, and you are applying vinegar successfully, you may alternate with cream or sweet oil, particularly when the patient complains of burning in his mouth, throat, or stomach.

Oil, however, may be applied to great advantage, when a strong acid, aqua fortis, oil of vitriol, &c., has got into the eye, the mouth, the throat, or the stomach. Sometimes it is of service against poisonous mushrooms.

Oil (unless mixed with lime-water) is injurious in poisoning by arsenic; useless in most poisonings by metallic substances, and very injurious when cantharides have got into the eye, or the stomach. It is literally throwing oil into the fire. This is also the case with insects and venomous bugs, which may have got into the eye. Oil, on the contrary, is of great service when live insects have crept into the ear.

Milk is not so good as other slimy substances; but as it is more frequently at hand, it will do well to let the sufferer drink it, instead of waiting for other things. Rich milk is good wherever oil is good, injurious wherever that is injurious. Sour milk or butter-milk is good wherever vinegar is so, injurious wherever that is. When you have no good oil, rich milk is the best thing; also when oil becomes disgusting to the patient. Sour milk is preferable to bad vinegar; it may also be applied where vinegar has already been used. Milk is very good when the first paroxysm has subsided, and yet some pain remains, provided the patient likes it, and feels revived by it. When you cannot ascertain what kind of poison the sufferer has taken, and you cannot, therefore, choose between the antidotes, but have given milk in the first instance, and the patient feels better after it, you may continue with it, on condition, however, that the patient has

vomited at the outset so much, that you may suppose the poison has been ejected.

Sugar or sugar-water is in most cases one of the very best remedies. Only when you are certain that the poison is a mineral acid, or strong alkaline poison, prefer the remedies prescribed against such poisons. It cannot do much harm, were you to apply sugar improperly. If the person who is poisoned has a craving for sugar, give him as much as he desires. It is the best antidote against metallic poisons, poisonous paints, verdigris, copper, tin, vitriol or alum, and continue with it, if the patient finds relief from it; should he, however, not feel better, alternate with whites of eggs and sugar; or, where it is applicable, with soap-suds. Against arsenic, sugar is also a principal antidote. When the poisoning has been effected by sharp acrid plants, which occasion a burning or swelling in the mouth, or in the throat, you may give sugar upon other things, letting the patient either put it into his mouth, or giving it to him in water.

Coffee is an indispensable antidote in many cases of poisoning. You must be careful that the coffee has not been spoiled in roasting; give it at first very strong, and then somewhat weaker. In the intervals, do not neglect to excite vomiting, should it be still required. When the poison is unknown, coffee is the best thing you can give; when the patient is stupefied, sleepy, senseless, giddy, as if intoxicated, his face red and full, or pale, cold and cadaverous; or when he acts as if he were delirious or raving,—in all these cases give him plenty of strong coffee, excite vomiting, administer injections of coffee, till he gets better. Even after he has vomited the whole contents of his stomach, continue giving him the coffee with sugar. In all cases of poisoning, give coffee, if the patient desires it.

When the poison is known, and the tepid water intended to bring on vomiting, and tickling in the throat for that purpose has been resorted to, give coffee in abundance, as a drink and in injections, particularly where the poison contained Prussic acid, which you will know from its smelling like bitter almonds, or peach kernels, or peach brandy. Also against laudanum, opium,

morphine, or stramonium, poisonous mushrooms, &c. ; where a person has swallowed the juice of sumach, or when dangerous symptoms appear after medicine containing Belladonna, colocynth, valerian, conium, cicuta ; or after chamomile tea. Coffee is also important in cases of poisoning by wine of antimony, or when antimony, phosphorus or phosphoric acid have been swallowed, and particularly from poisoning by *Nux vomica* and strychnine.

Camphor is a principal antidote in all poisoning by vegetable substances, and particularly sharp, acrid, burning poisons which cause inflammation and redness ; in all cases of poisoning where the patient suffers from vomiting and diarrhœa, is pale, cold as ice, and almost senseless : in such cases, if you do not know what kind of poison has been taken, you should prefer giving camphor. It will often suffice to let the patient smell it, or it may be rubbed on his skin or given by drops on sugar. You can make a salve of it with warm oil, or easily dissolve it in heated brandy.

It is the principal remedy for poisons from insects. Against cantharides (Spanish flies), whether they have been swallowed, or got into the eye, or when used as a plaster, and they have produced poisonous effects, camphor is always the best remedy. Also when venomous insects or infected honey has been swallowed ; for swellings or poisoning caused by hairy caterpillars ; for violent symptoms after eating food, in which small bugs or worms may have accidentally fallen, or when small moths have been swallowed—likewise in alarming symptoms caused by the sting of insects.

When together with the other symptoms, the patient finds it difficult to make water, or it is very painful to him, and the urine is intermixed with blood, and you have cause to think that this originates from Spanish flies or other insects, camphor is the best remedy.

Camphor, finally, is applicable to diminish the effects which medicine may have produced ; when children fall sick after taking the usual preposterous worm medicines ; in accidents from tobacco, bitter almonds, and medicines that have the smell of these things, or cherry stones, peach kernels, acorns or nuts.

It is very useful for the pains left by the use of phosphorus, poisoning by minerals, or acids, and particularly salt things. When every thing has been ejected from the stomach, let the patient smell camphor from time to time. This may also be done in poisonings by mushrooms, or in accidents caused by inhaling the fumes of coal or charcoal.

The ingredients sometimes requisite, such as charcoal, lye, kitchen salt, starch, green tea, tobacco, are in most families; the other things, often as necessary, such as magnesia, spirits of nitre, spirits of hartshorn, ought to be kept likewise, being useful not only in cases of poisoning, but in many other diseases. In cases of poisoning, things of this kind can only be serviceable where the poison is perfectly known. They will be mentioned in their proper place.

From the preceding remarks it is evident, that, in cases of poisoning, measures ought to be immediately adopted :

1st. To excite vomiting.

2nd. To lessen the effect of the poison.

At first you will have to attend to both alternately; subsequently to the latter object only.

The usual emetics are poisonous, and may therefore prove injurious; it is, therefore, best to excite vomiting by the following means :—

Drinking lukewarm water, as much, and as often as possible.

Tickling the throat, and only when this proves ineffective.

Snuff put upon the tongue; or in cases in which this has no effect.

Ground mustard with salt in water; and only in cases where nothing can be introduced into the mouth.

Injections of the smoke of tobacco.

But if the symptoms are very urgent and it is thought advisable to empty the stomach as soon as possible, a strong emetic of sulphate of zinc may be given, or the stomach-pump applied.

The principal remedies to lessen the effects of the poison, when

it is unknown, are, where there is great pain, water and the white of eggs—where insensibility predominates, coffee.

As soon as it is ascertained whether the poison is an acid ; a metal, or an alkali—if acids and metals, give soap-suds ; if alkali, give vinegar.

All other remedies are only applicable when you know what kind of poison you are treating.

Treatment when the Poison is ascertained.

Generally, the before-mentioned rules hold good ; besides attending to the vomiting, however, administer immediately the remedies here recommended.

The antidotes recommended against each particular poison have been arranged according to their efficacy, the most efficacious being mentioned first. When these are not at hand, give what can be first procured. If a person, for instance, has swallowed sulphuric acid, it would be folly to wait until magnesia or white soap could be brought from the apothecary ; when these cannot be had on the spot, take a handful of wood ashes, stir them in water, and let this be drunk immediately, although it will not answer as well ; as, however, wood ashes are not to be found in every house in England, for want of a better antidote, a solution of common soap may be given at once.

I. Poisoning by Inhaling Gases and by Substances introduced into the Stomach.

1. POISONOUS GASES, THEIR ANTIDOTES AND TREATMENT.

a) Gases produced in places deprived of a fresh current of air.

In deep privies that have not been cleansed for a length of time ; in places deprived of a fresh current of air, where offal of animals is suffered to decay, a poisonous gas of a foetid, offensive smell, resembling that of rotten eggs, and in which polished metal, particularly silver, turns black, is generated.

Such gas inhaled will cause nausea, nervousness and difficulty of breathing; the pulse becomes feeble, there is an expression of languor about the eye; a coldness is felt in the ears, the abdomen is contracted, and unless the sufferer is speedily removed from its influence, convulsions and apparent death ensue, which latter, if no medical aid is afforded, will terminate in actual death. The best remedy is chloride of lime, or chloride of zinc.

Before persons expose themselves they should provide chloride of lime, some of which diluted with water will destroy the foetid gas, and enable them to work in such places without danger. The bad smell is also speedily removed by throwing in a few shovelfuls of quick lime.

A person who has become insensible by inhaling this gas, should immediately be brought into the fresh air, undressed, and placed on his back, with the breast elevated, and cold water thrown plentifully on his face and breast. If you have a solution of chloride of lime in water at hand, dip a sponge in it, and hold it occasionally before his nose. The solution should be rather weak, so as not to excite cough in a healthy person who inhales it. Put a tablespoonful of the strong solution into a tumbler full of water, and put half a teaspoonful of this into the mouth of the sufferer, repeat it every five or ten minutes until the patient begins to revive.

If vinegar can be had sooner, mix this with an equal portion of water, and sprinkle the face with it—and hold a sponge dipt in vinegar before the nose and mouth.

During this time the patient should be rubbed with hot flannel. If his face has been sprinkled with cold water or vinegar, wipe it dry after a little while; then rub it with hot flannel, and repeat the sprinkling. The feet, the abdomen, breast and arms particularly, ought to be well rubbed. The soles of the feet and the back may be brushed a little with a stiff brush.

Be not too hasty, but proceed gently and perseveringly. Life sometimes does not return in less than three or four hours.

If the patient, apparently dead, does not breathe at all, it is

useless to hold a sponge before his nose; only try from time to time, by holding a light feather there, whether his breathing has recommenced. Occasionally blow breath into his mouth, which is best done by a person inhaling as much as he can, and then placing his mouth on that of the patient, (whose nose should be closed), and blowing in the breath gradually. If this expands the chest, let the breath go out of itself, and repeat the operation. If the breath will not come out again of itself, place a towel around the chest, and after the breath has been blown in, tighten it gently.

By thus producing an artificial respiration, a person apparently dead may often be restored again, but he who undertakes the operation should himself be healthy, and have a sweet breath, and either drink some vinegar, or rinse his mouth with it occasionally. As soon as the patient makes an attempt at drawing in his breath, or at exhaling it with a sigh, discontinue these efforts, and gently fan fresh air toward him, and when the breathing becomes stronger, hold a sponge to his mouth, dipped in a very weak solution of chloride of lime, or vinegar.

Care must be taken indeed, lest you extinguish the feeble life which is just returning. If the patient recovers, give him a few drops of a weak solution of chloride of lime or vinegar on his tongue. If he complains of cold, inclination to go to stool, or nausea, and vinegar will not remove these symptoms, or if he is getting tired of the vinegar, give him a little coffee without milk. If he complains of heat and great weakness, give him a little good old wine. The smell of camphor too, is often beneficial; in this respect consult the wishes of the patient; whatever is most agreeable to him, or affords him relief, deserves the preference.

Another mephitic gas, which is suffocating, is generated in deep wells, vaults and lime furnaces. It has not the bad smell of the gas above mentioned, but makes him who inhales it sleepy, giddy, and at last senseless. Persons affected by it will usually revive in a short time, by bringing them speedily into the open air, sprinkling them with cold water and vinegar, and pouring

coffee into their mouths. Do not act with too much precipitation—delay is not dangerous in such a case. If respiration does not return, it will be necessary to inflate the lungs, by breathing into the mouth.

b) *Gas generated by charcoal.*—The gas arising from charcoal is a most dangerous poison, particularly to persons sleeping. Never sleep with lighted charcoal in a room which has not an open fire-place. The same applies to coal. Old woodwork too, has been known to smoulder for days, without any smoke being perceptible; the inhabitants of the house paying no attention to the somewhat smoky smell, have been found in the agonies of death, before the smouldering was at all perceptible.

It is remarkable that all persons who are exposed to this gas, become so feeble as to be unable to go into the air, to open doors or windows, or to call for aid. They suffer much and know the danger, but cannot make the effort to move from the spot, in order to save themselves. A similar sensation seizes upon those who, in extremely cold weather, sit down in the open air to rest themselves—they know the fate that is before them, but want energy to resist it.

The symptoms of having been poisoned by gas produced from coal and charcoal, where animation is not yet suspended, are headache, with nausea, retching and vomiting—sometimes of blood; a heavy burden seems to oppress the chest, the face becomes red, and at last purple and bloated, the patient is seized with involuntary and hysteric weeping, talks incoherently, falls down suddenly, is seized with fits and convulsions, and finally becomes perfectly unconscious, and is seized with apoplexy.

Carry the patients into the fresh air, rub them with vinegar, and let them inhale the vapour of vinegar. If the face is already very red, and they begin to rave, throw ice-cold water on the head. In general it is well to make cold applications to the head, and warm applications to the feet. When the patient has somewhat recovered, it is well to give Opium (in sol.), and to dispense with the vinegar. If Opium gives relief, but only for a short time, repeat it. After several hours, or earlier, if Opium

does not seem very efficacious, give Belladonna (dry), and allow it sufficient time to operate. If the patient is very much excited, talks much and rapidly, complains of shooting pains, or if it seems to him as if he were flying, and he feels giddy when lying down, give him a little coffee without milk, and continue it until the symptoms require Belladonna or Nux vomica.

c) *Dry rot in old buildings.*—The effect produced by dry rot in old buildings, is similar to that produced by charcoal fire, only it operates less suddenly. It is better if possible to quit such houses, or to re-build them; but, if people have to live in them, they should try to destroy the dry rot by means of charcoal powder. Place as much of this as possible, above, below and around the spot where the dry rot appears. The spots themselves, may, from time to time, be washed over with a strong solution of blue vitriol or sulphate of copper. To guard against the effects of dry rot, take from time to time a little rain water, in a gallon of which a few drops of sulphuric acid have been mixed.

d) *Chlorine gas.*—To obviate the bad effects of the gas produced by chloride of lime, to which many persons are exposed, smoking tobacco is the best preventive; or you may drop some strong brandy, rum, or spirits of wine on a piece of loaf sugar, and take it in your mouth. The first however is to be preferred.

e) *Prussic and mineral acids.*—For the effects caused by inhaling the poisonous vapors of Prussic acid or mineral acids, the best remedy is spirits of hartshorn; but by no means apply the vial containing such spirits close to the nose; this would only increase the evil; rather move it slowly to and fro, at the distance of about six or eight inches from the nose and mouth, so as to smell it very faintly, and repeat this as often as necessary or put a few drops upon paper, and introduce the paper into a large empty bottle, and smell the bottle from time to time. If the vapors were from alkali, such as have been mentioned before when speaking of the alkaline poisons, this remedy will not answer. In this case, the patient should inhale the vapor of vinegar.

. Whether the vapors are from acids or from alkali, may be discovered by litmus paper. Acids will turn it red, alkali will turn that which has been turned red by acids blue again. In cases of poisoning by acid vapors, you may put one drop of spirits of hartshorn into a tumblerful of water, and give of this mixture a teaspoonful every ten minutes. In poisoning by vapor of alkali, give from time to time a teaspoonful of vinegar.

It is very injurious to sleep in rooms which have not been ventilated, or which have been shut up for a long time. The air has then become stagnant and putrid—we may almost compare it to the water in standing pools—and produces nightmare, frightful dreams, visions, depression of spirits, and fearfulness approaching to horror. The best preventive is proper ventilation, not by opening the windows merely, but by introducing a strong draught of air, increased by the waving of towels, or a blazing fire in the fire-place. Water placed in shallow vessels about the room will likewise answer. But, if the purification has been neglected, and the consequences mentioned ensue, give Aconite; for horror, Opium; for continual fear and shuddering, Veratrum; for headache and other effects arising from sleeping in an apartment, where there were flowers emitting a strong scent, or from sleeping on new hay, fresh air and cold washing will be good, and also the administration of Camphor or Nux vomica (these medicines all dry).

In complaints caused by sleeping in rooms which have been recently white washed, or where clothes have been hung up for drying, or where a large quantity of clothes has been kept after being dried, or where many growing plants are standing in a confined place, and where fruits or vegetables are lying, Bryonia will generally be beneficial, sometimes Belladonna (dry). See also "Headache."

If the painting of houses, rooms and furniture has produced complaints which do not altogether disappear upon going into the open air or after washing with cold water, Aconite, Bryonia, or Sulphur will prove beneficial, and sometimes Opium (dry). It is well to put a tub of cold water into the bedroom; the water

should be renewed every evening. It will absorb the poison. Or a few dishes full of unslaked lime placed about the house, will soon remove the disagreeable smell. In general, painting ought to be done in autumn only, and when the weather is dry and cool; for the smell will then soonest disappear, the paint adhere best, become dry sooner, and be less liable to be spoiled by insects and dust.

2. POISONING BY MINERAL AND OTHER STRONG ACIDS, THEIR ANTIDOTES AND TREATMENT.

In cases of poisoning by sulphuric acid or oil of vitriol, muriatic acid or spirits of salts, nitric acid or aqua-fortis, aqua-regia, salts of wild sorrel, phosphoric acid, acetic acid, wood vinegar, or too much strong wine vinegar, the symptoms are a sour burning taste and smell, a burning acrid heat in the throat and the stomach, retching and vomiting, acute pains in the stomach and intestines; drinking increases the pains—the breath soon becomes offensive; what is vomited tastes very sour, ferments, and blue litmus paper dipped into it turns red; frequently the inside of the mouth looks as if scalded and marbled. In this case give:

1. Tepid soapsuds in great abundance.
2. Magnesia—a spoonful in a cup of water—after every fit of vomiting, or repeated when the pains increase. Calcined magnesia is not so good as common.
3. Chalk powdered and mixed in a tumbler full of warm water.
4. Woodashes—a spoonful mixed in a tumbler full of warm water.
5. Potash or soda—dissolve as much as will lie upon the end of a knife in a large tumbler of warm water.

Give Nos. 1 and 2 alternately; the others are intended merely as substitutes until the former can be procured.

After the patient has vomited sufficiently, let him drink gruel or barley water decoction of lintseed or rice, or anything else of a mucilaginous character that is at hand, and let him use nothing else for several days. When the worst is past, give after sulphuric acid, Pulsatilla; after muriatic acid, Bryonia; after

nitric acid, Hepar; after phosphoric acid, Coffea; after other acids or wood-vinegar, Aconite (all dry). Before administering these medicines, try what smelling camphor will do.

When strong acids have got into the eye, oil of almonds or fresh unsalted butter should be freely applied to it; occasionally you may apply chalk, mixing it previously with water until the latter assumes a curdled appearance. Pure water is injurious, and should not be used to wash the eyes with until later.

For an external scald or burn with strong acids, limewater is good, or a salve made of limewater and sweet oil.

3. ALKALINE POISONS, THEIR ANTIDOTES AND TREATMENT.

Pot and pearl ash, caustic potash, lye, carbonate of potash, soda, ammonia, hartshorn, salvolatile, smelling salts, burnt and unslaked lime, may be known by their alkaline, urinous, acrid taste; and in vomiting caused by them there is no fermentation of the substances ejected; litmus paper which has been turned red by acids becomes blue again by being dipped into them; the symptoms are nearly the same as from acids, with the exceptions mentioned above, and what is thrown up is not sour.

1. Stir two tablespoonfuls of vinegar in a glass of water, warm, if you have it at hand, and give a wineglassful of it every five minutes.

2. Lemon juice or other acids, but greatly diluted—or sour fruit bruised in water.

3. Sour milk or butter-milk.

4. Mucilaginous drinks and injections. Emetics are dangerous, and vomiting should only be excited by the above-mentioned drinks, and by tickling the throat with a feather.

In poisoning with carbonate of baryta (a peculiar kind of heavy, white earth, which is sometimes sold as ratsbane), pure vinegar is injurious; in this case give merely mucilaginous things and oil, and endeavour to excite vomiting, until you can procure Glauber's salts (sulphate of soda), which should be dissolved in vinegar and then diluted with water and drunk freely. Afterwards let the patient sometimes smell of camphor, or if this

is of no use, smell sweet spirits of nitre. After poisoning from potash, *Coffea* may frequently be given, followed by *Carbo vegetabilis*; after hartshorn, *Hepar* (all dry).

4. OTHER SUBSTANCES WHICH HAVE A POWERFUL EFFECT,
THEIR ANTIDOTES AND TREATMENT.

a) *Liver of Sulphur*.—To counteract the effects of liver of sulphur give mucilaginous drinks mixed with a weak solution of chloride of lime or soda as long as the breath exhales the odour of sulphureted hydrogen. If drinking warm water and tickling the throat does not produce vomiting, give a weak solution of tartar emetic. After the patient has done vomiting, and the breath no longer has the sulphurous smell, give *Belladonna* (dry).

b) *Iodine* is often given as a medicine, although it sometimes produces sudden and dangerous effects. To remove these effects give, 1. Starch stirred in water; 2. Paste made out of starch; 3. Wheat flour, and afterwards thin mucilaginous drinks; 4. Vomiting should be promoted by drinking a weak solution of carbonate of soda and tickling the throat with a feather. For the remaining symptoms, give *Hepar*; sometimes *Belladonna* (dry).

c) *Phosphorus*.—Oil and fat of all kinds, when given for the bad effects of *Phosphorus*, are dangerous. Give merely mucilaginous or albuminous drinks, holding magnesia suspended, and excite vomiting as quickly as possible; if you cannot succeed in doing this immediately, make use of tobacco or mustard, and afterwards give coffee without milk. Some hours after it a spoonful of magnesia has frequently a good effect. If neither this nor the smelling of camphor gives relief, give *Nux vomica* (dry). If the patient desires it, give a little good old wine or brandy, but only a few drops on sugar.

d) *Alcohol*, or strong spirits of wine and ether, taken inadvertently, may produce dangerous consequences. Generally it suffices to give milk and mucilaginous drinks. If these do not answer, give a drop of strong hartshorn in a glass of sugar-

water, a teaspoonful at a time. Throw, also, cold water on the head ; and place wet towels on the region of the stomach. If that does not give relief in a short time, give *Nux vomica*, and, as long as the stomach can bear it, mucilaginous drinks. Afterwards, coffee without milk.

e) Prussic acid.—Known by the smell resembling that of bitter almonds. It operates so rapidly that you must lose no time in administering the proper remedies. In such a case there is no time to excite vomiting. Let the patient smell spirits of sal ammoniac, held at a little distance. Drop a little on a handkerchief, and hold it so that only a faint exhalation may reach him. Or, put a drop of it into a tumblerful of water, stir it, and give him a teaspoonful of it every three to five minutes. Without loss of time bare the patient's back, and pour pitchers of cold water down his spine continually, until he recovers his senses. As soon as you can, get coffee made, give plenty of it to drink, and also in injections. If no other remedies are near, let the patient smell camphor or vinegar, and inhale the vapor. Afterwards give *Coffea* or *Ipecacuanha* ; and if this does not remove all the symptoms, give *Nux vomica* (dry).

f) Alum.—Give soap-suds or sugar-water mixed with calcined magnesia until vomiting ensues ; afterwards *Pulsatilla* or *Veratrum* (dry).

g) Vitriol, white, green and blue.—Give sugar and warm water, or the white of eggs dissolved in cold water, until the patient has vomited several times ; afterwards give gruel, &c.

h) Saltpetre and Sal Ammoniac.—Give tepid water or melted butter mixed with water, until the patient vomits copiously ; then plenty of mucilaginous drink.

6. METALLIC SUBSTANCES, THEIR ANTIDOTES AND TREATMENT.

a) Arsenic.—Arsenic is contained in Ratsbane, fly-stone, cobalt, king's yellow and orpiment ; in fever drops, salves and plasters for cancers, and numerous secret remedies, particularly in those for horses and cattle. In cases of poisoning with arsenic proceed as follows ;—If vomiting is not already present, give

sulphate of zinc and promote its emetic effects by mucilaginous drinks, such as lintseed tea, milk, or albuminous fluids. When sulphate of zinc is not at hand, the next best emetic is powdered mustard, one or two teaspoonfuls in a glass of water. A soapy liquid made with equal parts of oil and limewater should also be given. The stomach-pump should also be used. The hydrated sesquioxide of iron which had formerly a great reputation seems to have no claims to be considered a chemical antidote, and has no advantages over mucilaginous or albuminous drinks. Fresh blood has been recommended, but is not superior to the means above indicated. There is great danger even when the whole of the poison has apparently been ejected from the stomach, especially if it has remained a considerable time in the stomach. Vinegar is of no use, and oil is injurious.

After the poison has been got rid of, as far as that was practicable, give *Ipecacuanha* (in sol.) several times; if the patient still feels very uneasy and irritable by night, is also feverish, give *China* (dry); if he is worse during the day, after sleeping—if he is constipated, or has slimy diarrhœa, give *Nux vomica* (in sol., 3—6 h.). If *Ipecacuanha* leaves frequent nausea, vomiting, with heat or cold, and great weakness, give *Veratrum* (dry).

The liquid which hatters use in the manufacture of fine hats contains arsenic. The wearing of such hats frequently causes eruptions on the forehead, or sore eyes; and, perhaps, the frequent baldness of young persons, said to prevail since the general use of silk in preference to beaver hats, may be attributed to the same cause. To prevent this have the hat well lined with silk and leather, and for the bad effects, give *Hepar* (dry). Green paint and green carpets frequently contain a compound of arsenic and copper, which often occasions symptoms of arsenical poisoning, which will require *Hepar* for their removal. Some composition candles, also, are prepared with arsenic, which renders them unwholesome.

b) *Corrosive sublimate*.—For this poison give, 1. the white of eggs in water; 2. sugar-water; 3. milk; 4. starch made from

wheat flour, dissolved or boiled in water; 5. flour paste; 6. endeavour to promote vomiting.

White of eggs in water is the principal remedy; you may give it alternately with sugar-water. The remaining symptoms require the same treatment as those from poisoning by mercury. See "Mercury."

c) *Copper, Verdigris*.—For these, or any other preparation of copper, give, 1. white of eggs; 2. sugar—both with or without water; 3. milk; 4. other slimy substances; the protosulphuret of iron is said to act as an antidote to copper-poisoning; it may be given, if at hand, in doses of a teaspoonful every half-hour. If, however, it cannot be had immediately, a rude preparation of it may be made in the following way, with a stick of brimstone. Take a flat piece of iron and make it red hot. Then, let the sulphur melt on it so that it runs along its surface, and let it drop into water. After that take the sulphur, grind it and mix it with water, shaking it well. After the coarser particles have settled, let the patient drink the water quickly, a tablespoonful or even a teacupful at a time. This will also answer in cases of poisoning by other metals. But if it cannot be given immediately administer the white of eggs forthwith.

d) *Lead*.—In poisoning by lead give, 1. Sulphuret of iron, prepared as above; 2. Epsom salts or sulphate of magnesia; 3. Glauber's salts or sulphate of soda. The former is the best; when it cannot be had take the latter. A tablespoonful should be dissolved in a pint of warm water, and drunk in abundance if much of the poison has been taken; 4. white of eggs; 5. soap; 6. milk. Vomiting should be excited as speedily as possible.

After the salts or soap give mucilaginous drinks and injections.

e) *Nitrate of Silver, Lunar Caustic, Lapis Infernalis*.—Give common salt dissolved in water in abundance; endeavour to promote vomiting, and afterwards give mucilaginous drinks.

f) *Antimony*.—For poisoning by this, taken either as antimonial wine or tartar emetic, give, 1. a decoction of gall-nuts, or

oak bark, or the peel of pomegranates; 2. coffee without milk, in large quantities; 3. mucilaginous drinks.

For convulsions give Opium (in sol., 1—3 h.); for nausea and other effects, Ipeacuanha (in sol., 2—4 h.).

g) *Tin*.—For poisoning by tin, give 1. white of eggs; 2. sugar; 3. milk; with all these magnesia should be mixed, as it decomposes the salts of tin.

Poisoning by tin occurs very often, from sour victuals being left in tin vessels. Things that are sour or sourish should never be allowed to cool or to remain in metal vessels, nor should silver, tinned or tin spoons be left in victuals. Sour things should only be kept in stoneware, porcelain or glass.

The chronic effects of tin, which occur so frequently, are mitigated by Pulsatilla (dry).

6. VEGETABLE POISONS, THEIR ANTIDOTES AND TREATMENT.

a) *Poisonous mushrooms*.—These fungi do not generally produce any perceptible effect until several hours after they have been taken. The abdomen then becomes enlarged, with a cutting pain in the region of the stomach; vomiting and purging preceded by thirst, nausea, hicough, agitation; coldness of the limbs, small pulse, numbness, incoherent talking and convulsions. If these symptoms appear, promote vomiting, and let the patient drink freely of cold water, as cold as it can be had; from time to time give finely powdered chareoal, made into a sort of paste with sweet oil. Should this not afford sufficient relief, let the patient smell gently of spirits of hartshorn. The remaining symptoms may be removed by wine or coffee.

b) *Blighted corn, Ergot*.—Blighted corn, or those thick, black grains in Indian corn, rice, wheat, rye or other grains; also the sweet or black rusty taint in grain is very injurious to man and beast. The ill effects of it however can be counteracted by the common black nightshade, bruised in cold water, and then hot water poured on it. Inhale the vapor of this or wash the cattle with it.

External injuries from plants which exude a pungent, milky juice, and which are very common in the country, are cured by washing with soap water and afterwards with brandy. If some of the juice has got into the eye, apply the oil of almonds, unsalted butter or milk; if it has got into the stomach, use soap-suds, milk, &c., but neither acids nor emetics. The same holds good of all acrid, burning, corrosive, vegetable substances, as gamboge, euphorbium, &c.

c) *Intoxicating plants*.—For plants which are intoxicating in their effects, making the person who takes them drunk, or depriving him of consciousness, making him delirious and raving, the principal antidote is coffee drunk in large quantities and given in injections. For some of these substances, such as opium, laudanum, or poppy heads and thorn-apple, vinegar answers very well. If the patient has a red face, red eyes, looks wild and stares, cold water thrown over him is very useful.

For parts of plants which smell of bitter almonds, and consequently contain that virulent poison Prussic acid, such as bitter almonds, peach kernels and laurel leaves; also for cordials prepared with them, such as cherry brandy, persico and noyau, and many medicinal compounds into whose composition it enters, in all of which it is easily detected by the peculiar smell and bitter taste and by its effects; heaviness, giddiness, oppression, particularly on the chest, first a quick, afterwards a slow pulse, paralysis or a feeling as if paralysis were about to ensue: for all these coffee without milk is the chief remedy, and in very dangerous cases, spirits of hartshorn, of which the patient may smell gently from time to time, or mix a few drops in a tumbler of water and give every ten or fifteen minutes a teaspoonful. When the symptoms are very violent the cold effusion on the spine described above will be requisite.

d) *Opium or laudanum*.—For poisoning with Opium or laudanum, the seeds of poppy, or a decoction of poppy heads, which are foolishly given to children to make them sleep, coffee is the best antidote; before this can be got ready give vinegar; if the patient lies insensible, drag him about the room between

two persons, talk to him and beat him hard on the back and hips until consciousness is restored. Emetics are useless, and if the drinking of coffee does not produce vomiting, try to force it with cold water and tickling the throat with a feather. Sometimes a tea made with oats will answer (that is common oats such as are given to horses), wash well a large handful of these, and then pour two or three cups of boiling water on them. Give a table-spoonful at a time. Some time after, it is well to give *Ipecacuanha* (in sol.), repeating it a couple of times, and if the pains remain, after some days, *Mercurius vivus* (dry). For poisoning with the seeds of *Stramonium*, called also thorn-apple, give also coffee and lemon juice or vinegar in large quantities; if no vomiting ensues, tobacco is very applicable in this case; for the remaining symptoms give *Nux vomica*.

e) Poison vine.—Poison vine is apt to cause a complaint similar to St. Anthony's fire (erysipelas). Rubbing or scratching should be avoided as much as possible, and strong washes or unguents to drive in the eruption are also highly injurious. If careful washing with soap and water does not relieve the itching, try rubbing with wheaten bran, or dusting with hair powder. Let the patient abstain from every thing that is heating and stimulating, and take *Bryonia* (in sol.), to be repeated if the complaint gets worse. If the irritation is in the face, and *Bryonia* does not give relief, give *Belladonna* (dry).

f) Pink root.—In cases of poisoning by that noxious plant, *Pink root* (*Spigelia*), so frequently given for worms, let the patient smell camphor, give him coffee without milk, and if after the expiration of several days, palpitation of the heart, giddiness, &c., still remain, give *Mercurius vivus* (dry).

g) Camphor or Saffron.—In cases of poisoning with Camphor or saffron give coffee without milk till it brings on vomiting, and if all the symptoms do not disappear, *Opium* (in sol.) every hour until they cease.

Spirits of turpentine.—In cases of poisoning with spirits of turpentine, *Opium*, *Belladonna* or *Bryonia* (in sol., 1—2 h.),

will prove efficacious. If the kidneys are much irritated, Cantharis (in sol., 1—4 h.) should be given.

For poisoning by all other vegetable substances let the patient smell camphor, and give him coffee to drink if the camphor does not afford relief. If they produce a feeling of numbness, weak vinegar may also be given; if very painful, soap-suds and milk.

7. ANIMAL POISONS, THEIR ANTIDOTES AND TREATMENT.

a) *Spanish flies*.—Spanish flies (cantharides), or plasters made thereof, contain a virulent poison, which not unfrequently produces very serious symptoms, especially if it gets into the stomach or into the eyes. It causes violent burning, which is aggravated by oil, fat, milk, &c. The best antidotes to be used, both inwardly and applied to the eyes, are the white of eggs and tepid, slimy substances, such as gruel, &c. Apply these plentifully to the eye, or if you have nothing else, use flour, and do not wash and rub too much. The poisonous substance may often be extracted with a narrow strip of linen rolled into a point.

For all bad consequences arising from taking cantharides, or from their application in blisters, and for similar poisoning from other insects, camphor is the chief remedy. Let the patient smell it every minute, and rub with spirits of camphor the parts most affected. For headache rub the temples; for violent pains in the kidneys or bladder, rub the loins.

b) *Poisonous honey*.—For the injurious effects of poisonous honey, camphor is also most to be recommended. It should be frequently smelt, and frictions with its solution in spirit performed. Inwardly give warm tea or coffee without milk.

c) *Hair of caterpillars*.—The hair of caterpillars is apt to cause violent inflammation. Do not rub, for it will only make it worse; but apply handkerchiefs which have been moistened with spirits of camphor.

d) *Shell-fish and other poisonous fish, &c.*—Among shell-fish,

such as clams, muscles, cockles, &c., we sometimes find some which are poisonous and produce troublesome complaints. If there is an inclination to vomit, encourage it; give charcoal with sugar and water, or in molasses: let the patient smell camphor and afterwards drink coffee without milk. For eruptions and swelling of the face give Belladonna (dry).

If poisonous fish produce bad symptoms, give finely powdered charcoal with brandy, and if this affords relief, some hours after, coffee without milk; if it does not afford relief, give quantities of sugar to eat or to drink in water; if this also proves ineffectual, give weak vinegar internally and apply it externally.

When the poison or urine of *toads*, *frogs*, or *lizards* has got into the eye, wash the eye carefully with warm milk and water, and give Aconite (in sol.) every hour, or as often as it is worse. If the poison has entered the mouth, take as quickly as possible a tablespoonful of finely powdered charcoal with milk or sweet oil. If sudden and dangerous symptoms appear, let the patient smell sweet spirits of nitre. Some time after give Arsenicum (dry).

e) *Poison of fat in half-putrified meat.*—The poison of fat generated in half-putrified, half-sour meat, blood and fat, and also in cheese, particularly in blood-puddings, liver-puddings, sausages, sour pork, bacon and hams, old rancid goose-grease, and substances not sufficiently or regularly smoked, is very injurious. It is generated very fast, and things which are eatable to-day, may be poisonous to-morrow.

The principal symptoms of this poison are: heartburn and nausea; a feeling of dryness in the throat, extending, by degrees, into the mouth, the nose, ears and even the eyes, and which after some days produces cracking of the skin on the eyelids, the sides of the nose and the points of the fingers. The voice becomes hoarse very soon, the pulse is slow and weak; hunger and thirst are very great, but the patient can scarcely swallow any thing. It is generally attended by great weakness, the eyelids seem paralysed, the pupil of the eye is dilated, and the patient does not see distinctly, but as if he were looking through a fog, or he

sees every thing double. The abdomen at the same time is tight, with much pain and constipation; finally, the knees and feet become stiff. If the patient does not die in a few days, a tedious, often incurable disease will remain.

Any one who has eaten of such things, and after some hours notices these symptoms should not be tardy in applying the proper remedies. If within four or five hours after the meal he feels disposed to vomit, let him drink tepid water to bring it on. If there is no disposition to vomit, it should be promoted as soon as possible by artificial means. Sometimes the burning and dryness in the throat are supposed to arise from acidity in the stomach, and people take magnesia, which does no good; or they imagine it to be from corrosive poison and take oil, which likewise is useless. The only things that can do good are acids. As soon as the stomach has discharged its contents, give weak diluted vinegar; let the patient wash himself with it and gargle with it. Lemon juice answers still better. When the patient is getting tired of the acid, give from time to time some sugar. Occasionally you may give a cup of coffee without milk, or, what is still better, strong black tea. If the dryness does not diminish or returns again, if mucilaginous injections do not produce any evacuation, give Bryonia (in sol.), and allow it six hours to operate. If a temporary improvement takes place, give Bryonia again, as often as it gets worse. None but mucilaginous injections, with a little acid, ought to be administered.

If there are still some symptoms left after the use of Bryonia they may be removed by Phosphoric acid (dry); should the paralysis or dryness remain, give Arsenicum (dry).

8. POISON GENERATED BY DISEASE OF ANY KIND.

Disease of any kind in man or beast generates poison in a similar manner, as putrefaction does in animal substances. These poisons differ as much in their nature as the diseases themselves; some produce but a trifling, others a very considerable effect; some by mere evaporation, but most of them when they enter the blood or the stomach. Every one shuns what a

sick person ejects, and thus a natural loathing preserves us from these baneful influences. For this reason careful people avoid the garments of those who have for a long time suffered from a dangerous disease. But against diseased animals we are not generally sufficiently on our guard; their exhalation alone proves injurious in many cases. Thus, that from a horse which has glanders, may affect a human being with a disease quite different. The excrement of sick animals is still worse; their saliva and the pus from sores is always poisonous; but notwithstanding the decidedly dangerous consequences, leprous or measly pigs continue to be killed and eaten.

The most dangerous disease in this respect is the *malignant pustule* in cattle. If the blood of such an animal only falls upon the hand, it may prove infectious; the same consequence may result from the skinning of such animals, nay from the tanning of the skins, and yet avarice and ignorance continue to persist in the skinning of these diseased animals. Their flesh, though salted and smoked, is a poison, and always produces death or a lingering incurable disease.

The malignant pustule disease in cattle is known by a sudden sadness and dulness; they stumble and tremble, particularly after drinking; they have a dry hot skin and short breath; during these symptoms inflammatory tumors or boils are formed. Unless such cattle can be saved by throwing frequently large quantities of water on them, they must die. In case the latter event takes place, endeavor at least to preserve other animals that may have been exposed, by the use of cold water. Those which perish, should be buried in a very deep pit, without being touched by the hands. Every thing which has been in contact with such animals, should be burnt, buried, or purified with chloride of lime in water.

When a person has been infected with the malignant pustule, he feels first melancholy, weak and chilly: red spots, black in the centre, show themselves on different parts of the body; these soon become bluish tumors, and eventually inflammatory gangrenous ulcers. By no means put a poultice on them, nor any

thing warm and moist; bleeding is also dangerous. The best remedy is quiet, a strict diet, drinking plentifully of cold water, and frequently throwing it over the patient, and drying him quickly afterwards. Internally give Arsenicum (in sol.), frequently repeated.

Whatever has been soiled by horses which have had the glanders, should be cleansed with chloride of lime; exposing it for a long time to the air and the sun, also, will make it innocuous. If a person has been infected by a glandered horse, give Phosphoric acid (in sol., 6—12 h.), and if this fails, Arsenicum (in sol., 6—12 h.). Some time after Sulphur (dry) may be taken, if necessary; and if some symptoms still remain, after three or four weeks, give Calcareo (dry). Neither of these two remedies should be given oftener than once every five or ten days—and should not be repeated as long as the case improves.

When one has reason to fear he has contracted one of these diseases by contact with the animal, exposure to great heat is recommended. The best way of accomplishing this is to place him in an ordinary vapour bath, or a Russian bath, or the simple hot air bath, used so frequently in hydropathic establishments. Should the infection be imparted, Lachesis is an excellent remedy. In horses a cure may often be effected by the administration of Aconite, Rhus and Arsenicum, in the order in which they are named.

II. Poisoned Wounds.

STINGS AND BITES OF ANIMALS, THEIR ANTIDOTES AND TREATMENT.

a) Stings of Spiders. The sting of spiders, and of centipedes, that of scorpions, that of bees, wasps, hornets, and humblebees; the stings of many flies, mosquitoes, and of bugs, are rarely dangerous, but may become troublesome by their numbers, and produce serious consequences by attacking tender parts; especially when little children, or very delicate persons are thus afflicted.

The chief remedy is smelling camphor, and washing with cold water. If you can catch an insect of the same kind, crush it and put it on the wound. A good remedy, if it can be borne, is to hold the injured part to the fire; or bring a red-hot coal, wire,

or lighted cigar or pipe as close to the spot as possible, and hold it there until the pain is removed.

b) *Stings of Bees, &c.* When pursued by a swarm of bees, take care not to strike at them with a view of keeping them off, for it does no good, and only irritates them the more; make your escape as quickly as possible; but should a swarm follow you notwithstanding, particularly in the bushes, and should many have already alighted on your head, and there be no water near into which to plunge, lie down flat upon the ground, with the face downward, protecting the sides of the head with your hands, and lie still till they are gone.

Moisten the wounds with saliva, and pass your finger-nail over them to extract the sting and the poison; or extract it with tweezers or fine pincers; then put on black garden mould, renewing it whenever the pain increases; or rub it with honey, scraped chalk, or one of the remedies mentioned.

For the sting of a bee in the eye or the mouth, honey is the best application; try to extract the sting from the mouth by scratching with the finger nail; and from the eye by using very delicate pincers; afterward smell camphor, or take Arnica, Belladonna or Pulsatilla (in sol., 1—2 h.), until relieved.

The same observations apply to the stinging of wasps, only that in this case the sting does not remain in the wound. Always warn children not to bite imprudently in an apple or a pear in which is a hole; sometimes a wasp is hidden in it, and their sting in the mouth is very dangerous.

When a person has been stung in a very tender part, and inflammation, swelling and fever ensue, give camphor to smell as long as it relieves the sufferer. Should the inflammation, however, continue, give Aconite (dry), and if this does not operate quickly, Arnica (dry). If the tongue is much swelled, and Aconite does not produce the desired effect in half an hour, and Arnica in an hour or two, give Belladonna (in sol.), every half hour or hour until relief is obtained. If this should fail, give Mercurius vivus in the same manner. If the eye is much inflamed, give Aconite and Arnica alternately, allowing the former one, and the latter

four hours to take effect, extending these periods as long as there is any improvement; externally, apply only cold water. Secondary symptoms, if they continue for several days, are mostly removed by *Mereurius vivus*.

Musquitoes may be driven away by the smoke of brown sugar, strewed upon live coals or red hot iron; after some time let the smoke pass out, and close the doors and windows. The bites of mosquitoes which pain severely, are speedily relieved by the application of lemon juice.

Be careful not to remove the effects of the stings or bites of insects, too quickly when they are numerous; the consequences are the same as when an eruption of the skin is too suddenly checked; rather give *Aconite*, and some hours after *Arnica*. If not better the next day, give *Hepar* (dry).

c) *Bites of Snakes*. Of the bites of snakes, it is well to know immediately, whether they are poisonous or not. All poisonous snakes have in the upper jaw two long, large teeth; all those which have in the upper and lower jaw each two rows of teeth, are not poisonous. The bite of a venomous snake is generally attended with violent shooting, and sometimes burning pain.

When the serpent is not venomous, nothing need be done as the wound will heal of itself. But if it be venomous, tie two or three inches above the wound a ribbon, cloth, strap, rope, or the like, tightly around the limb, to prevent the blood returning from the wound to the heart, and leave it as long as the patient can bear it, or until the danger is past. Every endeavour should be made to extract the poison; for this end, the best means is the application of cupping glasses frequently renewed till nothing more exudes from the wound. A cupping glass may easily be extemporised in the following way: take a small glass tumbler, dip a piece of paper or cotton into brandy, whiskey, or other spirits, spirits of wine, eau de cologne, any toilet perfume will answer the purpose; set fire to this, throw it into the tumbler, and immediately apply the mouth of the tumbler over the wound, taking care to press it close upon the skin so as to allow no air to enter. If the materials are not at hand, or the wound is so

situated as to prevent the employment of cupping glasses, the wound should be sucked. This can be done without danger, provided the person who sucks has no sore on his lips or mouth. The sucking must be strong and continuous, and the wound must be well drawn open. Whilst sucking press your hand firmly towards the wound over the adjoining parts, particularly from the side next the heart. After every thing has thus been drawn from the wound, the best external remedy is heat. Whatever can be had soonest, red hot iron or coals—if nothing better, a lighted cigar—must be brought as near to the wound as possible, without causing violent pains, and without burning the skin. Cauterizing, or burning with a hot iron, is useless, because it destroys the smaller vessels. Apply, therefore, the hot iron or coals as close to the wound as the patient can bear it. As soon as the iron or coal cools, have another ready. Place several pieces of iron at once in the fire, and change them frequently; and take care that there is a sufficient supply of red-hot coals. The heat should only operate upon the wound, and on the parts immediately around it, and not on too large a space. Do not blow the coals which you apply, this would cool the skin too much. If you have oil or fat at hand, smear it around the wound for three or four inches, and when absorbed renew it. If you have no oil or fat, take soap or saliva. Whatever oozes forth from the wound must be carefully wiped away. Continue to apply heat until the patient begins to shudder and to stretch; if this should occur soon, continue the application for an hour if he can bear it, or until the symptoms of the poison give way. If these symptoms return, renew the application. After the wound has been thus treated, rub into it salt and gunpowder, cigar ashes or wood ashes, whatever is at hand, but fine salt is best. At the same time the patient must be kept as quiet as possible, the less motion or agitation he is subjected to the better.

Give inwardly, as soon as possible, eau de luce, sal volatile, or some other ammoniacal preparation, such as a few drops of spirits of hartshorn in a tablespoonful of water, frequently repeated. If bad symptoms appear notwithstanding, give wine or brandy,

a few drops, or half a teaspoonful at once, every two or three seconds, until they disappear again, but resume the treatment as soon as they re-appear. If the shooting pains grow worse—if they are in the direction of the heart—if the spot turns blue or spotted, or swells—if vomiting, giddiness or fainting ensues, give immediately Arsenicum. If the symptoms become worse notwithstanding, repeat the same half an hour after; if there is no change, repeat it some hours after; if there is improvement, do not repeat it until worse again. If two or three doses produce no effect, give Belladonna. If ash-root can be had, make a poultice of it, and put it round the limb, and give, also, an infusion of it to drink. Senega-root, also, is at times serviceable. Phosphoric acid will sometimes remove the remaining symptoms, and sometimes Mercurius vivus.

d) *Bites of mad dogs.*—The bite of a mad dog, or of other rabid animals, should be in the beginning treated the same as the bite of serpents. Burning, cauterizing, cutting, lacerating, suppurating, and all similar cruelties, are positively useless; the more you lacerate the wound, the more rapidly will the poison enter into and circulate with the blood. The cupping-glass should be at once applied, and the application of radiating heat should be repeated every day three or four times, an hour each time, or until shuddering appears. Let the wound heal quietly after the above means have been resorted to, and only make use of the precautions indicated below.

Heat should be occasionally applied to the wound in the manner just described, until the scar becomes of the natural color of the skin. It should be renewed whenever the wound appears hard, dark-colored, red or inflamed.

Sometimes after seven days or later, particularly when the patient has a slight fever, a small blister will appear under the tongue; have this lanced with a pair of finely pointed scissors, or a penknife, and let the patient rinse his mouth with salt water.

The vapor bath has proved a very efficient remedy. If there is an opportunity of using it several times, soon after the bite, it will, no doubt, be of benefit to the patient; at any rate, apply

it as soon as any suspicious symptoms make their appearance. These symptoms are, sudden and unusual thirst followed by shuddering and loathing when drinking ; an aversion to any thing bright, and to the wind ; great sadness and dejection.

The bath may be of service, although convulsions should have commenced. To administer the vapor bath, the patient should be in a place large enough to have sufficient air to breathe, and yet so small as to be easily filled with hot vapor. If the patient is already suffering from convulsions, he should be wrapped in a sheet, to confine his hands and feet, but the neck and head ought to be perfectly free. A small, wainscoted room, which can be tightly closed, is best. Into this room carry red-hot stones or bricks, as many as necessary, throw water upon them, or if the patient cannot bear this, wet sand. As the stones cool they must be removed, and reheated by a strong fire. Place a tray with wet sand near the door, in which saw a hole to pass the stones through, or place them on a bench or table near the window. It is well to have some one in the room with the patient.

All these directions, however, become useless, unless a good fire is kept up, and there is a sufficient number of persons to change the stones and heat them, for the whole room must be closely filled with hot vapor for a sufficient length of time. If the bath is used as a preventive, one to two hours are requisite ; if used after the convulsions have commenced, until they cease.

A Russian bath, if that can be obtained, is the best of all vapor baths for the purpose, the above is merely an extemporaneous imitation of it. A simpler method still of administering a vapor bath, is to make the patient sit on a caned bottomed chair, cover him well up with two or three thick blankets, and introduce beneath the chair on which he sits, a tub of hot water into which you are to drop occasionally a red-hot brick ; or a more elegant and convenient method of generating the heat and vapor, is to introduce beneath the chair a large spirit lamp, the flame of which plays on a saucerful of boiling water placed above it. Such an apparatus may readily be extemporised, but it is also to be had in many of the ironmongers' and tinsmiths' shops.

Tincture of Cantharides may also be mentioned as a preventive. Mix one drop of this in a teacupful of water, and give one teaspoonful of the dilution every day until the effects of the medicine become troublesome.

If the patient labors already under hydrophobia, give *Lachesis* (in sol.) at every return of the convulsions. Should the next fit be stronger, wait for two or three more; if they are less intense, give nothing further. As soon as they become more violent give the same medicine again. If they do not vary, repeat the same medicine after three hours. When *Lachesis* appears no longer efficacious, give *Belladonna* or *Hyoscyamus* (in sol.).

The endless variety of medicines for hydrophobia, to which every country and every year make new contributions, do not deserve much consideration, as not a single mad dog has ever been cured by them. They are mostly recommended from having, as was supposed, prevented the disease; but as only about one person in twenty of those who have really been bitten by rabid animals are attacked by hydrophobia, whether medicines have been used or not, this pretended prevention proves nothing. Many persons are attacked by hydrophobia through the imagination, and for such cases any remedy will answer. We ought not to place too much confidence in the methods of cure so often recommended; and to subject every one bitten to the tortures of cauterizing, cutting and bleeding to excess, is absurd. In most cases nothing is required; and in the few cases where the poison takes effect, such violent means are of no use whatever.

When putrid animal substances have got into a wound, or pus—matter from ulcers of men or animals—give *Arsenicum* (in sol., 3—6 h.).

We have thought it advisable, to prepare a brief summary of the foregoing remarks in a tabular form, by referring to which any one can easily find the proper antidotes, in the most dangerous cases of poisoning, where it is necessary to do something immediately.

TABLE OF ANTIDOTES TO THE MOST POWERFUL POISONS.

POISONS.	ANTIDOTES
I. GASES.	
Gas produced in places deprived of fresh air, such as privies, wells, &c.....	Chloride of lime; vinegar.
Vapor of charcoal	Vinegar and vapor of vinegar.
II. ACIDS.	
Prussic Acid	Cold affusion on the spine; spirits of hartshorn.
Sulphuric, muriatic, nitric, phosphoric, acetic acid, and strong wine vinegar	Tepid soap-suds; magnesia; chalk, powdered and mixed with water; wood ashes mixed with water, potash or soda.
III. ALKALINE POISONS.	
Pot and pearl ashes, caustic potash, carbonate of potash.....	Vinegar; lemon juice, and other acids; sour milk; mucilaginous drinks and injections.
IV. METALLIC SUBSTANCES.	
Arsenic	White of eggs with water; a soapy fluid made with equal parts of lime water and oil; lintseed tea; sugar water; milk; rust of iron.
Corrosive sublimate; copper; verdigris.....	White of eggs in water; sugar-water; milk; starch from wheat flour.
Lead	Epsom salts; Glauber's salts.
Lunar caustic	Common salt dissolved in water.
Tin	Sugar, white of eggs and milk.

CHAPTER VIII.

EXTERNAL INJURIES.

Concussion, Bruises, Sprains, Dislocations, Fractures, &c.

Concussion of the brain may be produced by a blow upon the head, a fall, and sometimes by a violent shock to the body. In cases where the violence is not very severe, there will be some disorder of the intellectual functions, producing vertigo, dimness of vision, trembling of the limbs, sickness, &c.

The symptoms are different in more severe cases. The accident is immediately followed by insensibility, relaxation of the extremities, coldness of the skin, feebleness and irregularity of pulse, difficulty of breathing and dilation of the pupils.

The breathing, however, though weak and laborious, is usually free from stertor (snoring).

After a time, the patient begins to recover from this condition, and there is a gradual return of the warmth of the body, the breathing becomes more natural, the pulse rises, and the sensibility is partially restored, so that he may be roused from the apparent sleep or lethargy in which he is generally found, and made to answer questions, especially those relating to his injury.

As the stupor and other symptoms gradually wear away, inflammation of the brain of an active character frequently begins to develop itself, which, if not speedily checked by appropriate treatment, may terminate fatally in effusion or suppuration.

Treatment.—In the treatment of concussion of the brain, as well as in all other cases of injury arising from external violence, Arnica is the remedy chiefly to be relied on. It may be given internally by placing two or three globules upon the tongue or by dissolving a few globules or a drop of the 1st dilution in a tumbler of cold water and giving a dessertspoonful of this every

half hour to two or three hours, as may be indicated by the urgency of the case.

A few teaspoonfuls of cold water, immediately after the injury, will often be of great service in reviving the patient, and should always be resorted to, as it can do no harm. The application to the head of cloths dipped in cold water, and to which in case of external injury a few drops of Tincture of Arnica may be added, will also be of great benefit; keeping the head in an elevated position during the treatment will also be serviceable in assisting to prevent and remove inflammation. If the injury has been severe, the patient should be kept quiet—and avoid all kinds of excitement until perfectly recovered.

The diet should be of the most simple kind; and no wine, brandy, coffee, spices, or stimulants of any kind made use of. Bleeding, which is a common practice with the more ignorant of the old school practitioners, should not be resorted to, as in many cases death has ensued from large bleedings, intended to obviate inflammation of the brain.

If active *inflammation* of the *brain* should set in, notwithstanding the use of the means recommended above, it may be necessary to administer Aconite, Belladonna, and other remedies recommended under that head, which see.

Concussion of other parts of the body may occasion a variety of unpleasant effects. Sometimes internal parts are distended or torn; pains arise, which increase the following day; violent headache, giddiness, pains in the chest, asthma, hacking cough, spitting of blood, pain in the back, descending pains in the belly, &c. In all such cases Arnica is the chief remedy. The patient should be as quiet as possible; drink plenty of water; wash the painful parts frequently with cold water, or with water containing a few drops of Arnica Tincture; neither eat nor drink any thing stimulating; make use of no wine, brandy, coffee, tea, or spices, of but little salt, and of nothing sour.

If the accident was attended with sudden fright, give, first, Opium (dry), and some hours after Arnica. If the patient faints,

wash his head, face and arms with cold water, and give Aconite (dry); and after he has recovered from the fainting, if necessary Arnica. Bleeding is quite unnecessary; Aconite will generally keep down the inflammation, and Arnica will accelerate the healing.

When pregnant females, in consequence of a fall, slip, or other violent concussion, feel pains in the abdomen, a thing which occurs very frequently in the first month of pregnancy, which may easily bring on a miscarriage, give Arnica and let the patient keep quiet, if possible, in the horizontal posture, and avoid, for several days, every exertion. Should the pains, notwithstanding, become violent some hours after Arnica has been given, give Chamomilla or one of the other medicines recommended under "miscarriage."

In headache from concussion, if Arnica is insufficient, give Belladonna or Phosphoric acid, whatever may suit best according to the symptoms enumerated under "Headache."

Affections of the chest, caused by violent concussion, are removed by Arnica. Sometimes, but not very frequently, Aconite or Rhus is required. Look under "Chest," Part II.

Overlifting.

If lifting or carrying heavy loads, or any sudden exertion of strength produces pain, give Rhus (in sol., 6—12 h.), which may in fact, always be given, if the injury was more the result of lifting than of external violence.

When, from this cause very acute pains are felt in the small of the back, which become worse on every motion of the body, give Bryonia (in sol., 3—6 h.). If this does not relieve entirely, Sulphur (dry).

If headache ensues, and Rhus will not remove it, try Calcarea (dry) once.

If a person, by lifting or over-exertion, has strained or otherwise injured himself, in consequence of which he has nausea or a disposition to vomit, with violent pains in the bowels, give Veratrum (in sol., 3—6 h.).

For a predisposition to be hurt by lifting, even when there is no over-exertion, give *Sepia* (dry) whenever it takes place.

False Steps.

A false-step sometimes causes pains in the limbs, sickness, &c. They will generally be relieved by *Bryonia* or *Rhus*, or, if the stomach is much affected, by *Pulsatilla* (dry).

If the injury occurs often, and is caused by debility, it will be cured by *Phosphorus* (dry), which should be given whenever it returns.

Bruises (Contused Wounds).

A bruise is generally caused by a blunt instrument, or some hard substance coming in violent contact with a part of the body. There is usually swelling, which will be proportionate to the extent of the injury; and more or less discoloration of the skin, owing to the rupture of some of the smaller blood vessels and the consequent effusion into the cellular tissue. The pain is not generally very great. When the injury has been extensive, it may be followed by sloughing and mortification.

In the treatment of bruises, nothing is more efficacious than the application to the injured part of cloths (linen is to be preferred) dipped in cold water, and the internal administration of *Arnica*.

This will, in most cases, soon remove all traces of the injury.

In very severe cases, followed by fever, it will be necessary to give *Aconite* (in sol.), which may be alternated with *Arnica* at intervals of from three to six or eight hours.

A lotion of *Arnica* Tincture in the proportion of three or four drops to a tumbler of water may also be used.

If a limb is crushed and flattened, or otherwise disfigured, it should be pressed by the hand from time to time until it returns to its proper form; or it may, if necessary, be straightened and kept in its natural position, by means of a piece of pasteboard or thick gutta percha, heated so as to render it flexible, and

capable of being adapted to the shape of the limb ; a roller must be placed over all to keep it *in situ*.

Should suppuration (formation of matter) ensue, from neglect, bad management, or impurity of the blood, Hepar (in sol., 6—12 h.) must be given.

For erysipelatous inflammation, which sometimes makes its appearance, and may be known by the wound assuming a red appearance, which soon extends to the surrounding integuments, and the affected parts become hot and burning, and are painful to the touch ; give Ruta (in sol., 6—12 h.) internally, and apply a solution of the tincture in water, externally.

But should the incipient signs of mortification present themselves, as increased swelling and pain, the pain of a pungent burning kind, loss of sensibility, heat and color, and the wound begins to change to a darker hue, give China (in sol., 3—6 h.) ; and if the skin assumes a dark, livid color, recourse must be had to Arsenicum and Lachesis (in sol.), which should be given alternately, at short intervals, and may prevent the loss of life and limb. Amputation should be postponed as long as possible ; many a limb has been saved by the reluctance of the patient to have the operation performed.

Bruises of the Eyes.

Bruises of the eye from blows with the fist, a stick, stone, a flying cork, &c., are to be treated in the manner indicated above ; change the piece of linen, as soon as it becomes warm, for a cold one, and fasten a shade over the eyes, for the purpose of keeping the light from them. Whenever the pain becomes more severe, give Arnica and Aconite (in sol., 2—6 h.) alternately.

Shocks and Bruises of the Head.

When children fall, and their heads receive a considerable shock, and they begin to vomit, crying but little or not loud, and sleep uncommonly sound and long, give Arnica (in sol., 3—6 h.). Do not let them sleep too long, but rouse them up and keep them

awake a while. Try also and prevent their taking cold or being over-heated, and don't let them eat or drink anything stimulating.

If fever or convulsions should appear give Belladonna (in sol., 2—4 h.); and if not relieved by this and there should be in addition a constant picking at the nose with the finger, China (in sol., 2—4 h.) should be given.

Belladonna will also be indicated in the following symptoms; constant tossing of the head from side to side; disposition to press the back of the head on the pillow; giddiness or pain after shaking the head; dilatation of the pupils of the eyes, not only in the dark or after waking from sleep, which is natural, but at all times.

Hepar (dry) may follow the Belladonna if the latter has failed to afford sufficient relief, and allowed to act for several days.

If some of the above mentioned symptoms should remain notwithstanding; if the head becomes larger, if the skin is elevated on the upper and anterior part of the head, "opening of the head," and there is a perceptible beating there, give Calcaria (dry).

Bruises on the head of children should not be compressed with a knife; but treated with applications of cold water, or water with a few drops of Arnica Tincture in it, and the internal administration of Arnica.

Consult also Concussions and Hydrocephalus in their respective chapters. In all cases of this kind, however, it is better to consult a homœopathic practitioner.

Sprains.

A limb is sprained when, after a fall or other violence, it pains severely, cannot be moved without pain, swells and turns red.

At the commencement of the treatment of these troublesome injuries, apply cold water freely or a lotion of Arnica.

Arnica may also be taken internally. After the removal of the more acute symptoms, it may be necessary to resort to the use of Bryonia, Rhus toxicodendron or Ruta, to aid in removing the stiffness and soreness which may remain. Passive (gentle) motion of the limb will also be beneficial.

Dislocations, Luxations.

The removal of the head of a bone from its corresponding articular cavity is termed a dislocation or luxation.

It is characterized by violent pain, loss of motion, swelling, alteration in the shape, length and direction of the limb. An unnatural depression or prominence can generally be felt in the vicinity of the injured joint; and there will be also a peculiar rigidity of the limb. By comparing the injured with the sound limb the deformity will at once be apparent.

Treatment.—The first thing to be done is to give Arnica, or, if there is already redness and inflammation, Aconitum, and to apply cold water or diluted Tincture of Arnica.

You seldom find a person who will undertake to set the joint again; and as abortive attempts will only make the matter worse, the sooner you send for an experienced surgeon, the better for the patient. Cold applications, and Arnica internally, will always be beneficial. Nor is it necessary to do anything more after the dislocation has been reduced: all poultices, salves, bleeding, &c., are injurious. A proper bandage must be applied, and as soon as the inflammation abates, which, after taking Arnica and perhaps Aconite, will soon take place, the limb should be moved often, but carefully, lest it grow stiff.

Fractures.

The most certain *sign* of fracture is *crepitation*, a peculiar grating noise or sensation, produced by the rubbing of two broken surfaces of bone together. When on moving an injured limb you can perceive this sensation, it is a pretty sure indication that it is fractured. In addition to this, there is usually some deformity, pain, swelling, inability to move or use the limb, and sometimes it is shortened.

Fractures have been divided into simple, compound, com-

plicated, transverse, oblique, comminuted and longitudinal, according to the nature and extent of the injury.

By a *simple* fracture is understood a mere solution of the continuity of the bone, unattended by severe contusion or external wounds. A *compound* fracture differs from this, in being conjoined with an external wound or with a protruded bone. When a bone is broken at more than one place, or combined with luxation, with rupture of tendons, ligaments, &c., with the laceration of one or more large blood vessels, or with a gun-shot wound, the fracture is termed *complicated*. A fracture is said to be *transverse* when its direction is perpendicular to the axis of the bone. It is *oblique* when it deviates from a perpendicular direction. In *comminuted* fracture the bone is broken into several pieces; and a *longitudinal* fracture runs lengthwise of the bone.

Treatment.—In all cases where fracture is suspected send for a surgeon, and for a skilful one too; for mistakes committed under these circumstances can hardly ever be remedied. When children are the sufferers, more despatch is required. But in ordinary cases, a couple of days may elapse without incurring any risk, a broken bone does not unite so very readily. Before the arrival of the surgeon the broken limb should be moved as little as possible; on the painful part put linen bandages dipped frequently into cold water, or diluted Arnica Tincture; internally give Aconite (dry), if the patient is very weak or faint, and some hours after, Arnica (dry). Only when the pains are insufferable, and occasion convulsions, give, first, Chamomilla (dry), and afterwards Arnica. In very rare cases only, when the pains are excruciating, and other bad symptoms appear, will stretching of the limb afford any relief. This delicate operation requires a surgeon's aid, who will apply the necessary splints, bandages, &c.

Symphytum (in sol., 3—6 h.) will also accelerate the recovery of the patient after the bone has been set, and enable him to use the limb much sooner than otherwise. But should the bone not unite readily, but remain loose—as sometimes happens with aged persons—mix a small portion of diluted Phosphoric acid with lime-water, dry the sediment which will be formed in this

mixture, and give the patient as much of it as will lie on the end of a penknife, once every 3 or 4 days.

Wounds.

a) *General remarks.*—We ought first to know what wounds will heal of themselves, and when treatment is necessary; we ought to know how the cure can be accelerated, and what must be done, in dangerous cases, until a surgeon can be procured.

All wounds which are not mortal heal of themselves, without any medicine, unguents, plasters, or salves. External applications are almost always injurious, and all rational practitioners have long ago discontinued the use of them. Nothing more is necessary than to apply a proper bandage, and to wet it, from time to time, with cold water. If requisite some medicine should be given internally, and attention be paid to the diet.

The most important thing in the healing of a wound is to bring the sides in close contact. Small superficial wounds may be closed by pressing the sides together, and tying a bandage around the limb to keep them in that position. Common, small cuts on the fingers are often troublesome for a considerable time, as they prevent us from using the hand; but they will heal quickly with a healthy person, if sewed together, an operation which after a little practice can be performed easily and without giving pain. Close the wound immediately, to prevent the escape of blood; press till the skin becomes white, that you may see the cut and take hold of it; then take a very fine needle, with a linen, or better, a silk thread, which has been divided, pierce through the outer or scarf-skin only, either entering near to or at the cut; if it pains, you have gone too deep. When the wound is very small, and not deep, you may stitch from one side to the other, right through, making a common seam, without a knot at the beginning or end. When the cut is deeper, or forms an angle, draw only once through; tie the ends together over the wound and cut them off; proceed in this manner, placing one loop near the other. It is better to take but a short thread, for if you have to pull much, the skin sometimes

breaks and gives pain. Sometimes it may be better to take two needles, fasten in each one end of the thread, and pass each needle from the interior edge of the cuticle outwards.

When the wounds are longer, penetrating through the skin into the flesh, this superficial suture will not suffice, but you must use adhesive plaster, the ordinary diachylon plaster of the shops. Cut this into strips, a few inches long, narrower in the middle than at the ends. Warm them with your breath, or by wrapping them round a bottle filled with hot water, or around your arm, the side on which the plaster is, of course turned out, till the plaster becomes soft. The narrow part must be placed on the wound. In applying them press the wound well together, and draw the strips tightly over it; they should be long enough to extend several inches beyond the wound on each side, otherwise they will not stick well. The hairs ought also to be shaved off from above the wound, and all moisture carefully wiped away. Open spaces ought to be left between the strips, particularly where the wound is deepest, that, in case of suppuration, the matter may be allowed to escape and prevent the formation of abscesses.

In dressing the wound the limb should be put in such a position that the wound will not gape, and should be kept in that position as much as possible.

Deep lacerated wounds, or long cuts in the face, lips, eyelids, neck, &c., have sometimes been united by deeper sutures, which a surgeon alone can make properly.

Considerable stabs, or other narrow and deep wounds, must not be closed in this manner, as they would heal on the surface, and suppurate at the bottom. But if they are so situated that they can be compressed at the bottom, as well as at the orifice, it may be done until the surgeon arrives, who in all such cases should be consulted.

Besides being sewed, every wound ought to be dressed with adhesive plaster, that it may be the more firmly united, and that the air may be prevented from entering it, at the same time the

limb ought not to be more compressed and laced than is necessary.

The bruising of the skin, especially on the knuckles, ends of the fingers, and on the shinbone, sometimes causes a bad sore, and often becomes troublesome in children. The best application for such sores is the lining membrane of a raw egg. The best mode of obtaining this is to break the egg carefully and peel off the skin with which the shell is lined, in strips as broad as you can make them; put these with the side which was next to the shell on the wound until it is entirely covered.

b) *Hemorrhage caused by wounds.*—Wounds which have been closed and dressed in the aforesaid manner, generally cease to bleed. Sometimes, however, it is necessary to place a compress of linen upon the wound, and to keep it there with bandages. Cold water applied immediately and freely will frequently stop the bleeding, yet there are cases where it does not suffice.

When the blood is gushing out of the wound, when the wound is on the throat, the superior or interior part of the thigh or arms, the whole limb or side of the neck should be compressed, and a surgeon procured immediately.

The hemorrhage is still more dangerous when bright red blood flows from the wound, and the blood squirts at intervals as the pulse beats. Hasten, in such a case, to obtain the assistance of an experienced surgeon; but as every delay is dangerous, tie a cloth tight around the limb above the wound, in the direction of the heart; above this bandage on the interior part of the limb feel for the artery, which you will know by its beating; place on this spot a cork lengthways, press it well home, put over it a compress two or three inches square, and as thick as a finger, and over this a bandage, which tighten until the bleeding stops. Immediately upon compressing the artery, the blood sometimes flows more freely than before, but it will soon stop. Do not omit frequent applications of cold water or ice to the wound.

People are apt to have recourse to very improper and injurious means to stop bleeding; in the fright they tie one cloth over

the other, until they exhaust their whole stock of rags and handkerchiefs. But that cannot stop the bleeding—it merely conceals it. When the first firm bandage does not stop it, the rest are useless and pernicious, as they prevent the cold water from penetrating, and conceal the danger.

Some persons put upon wounds which bleed profusely a mass of the most heterogeneous things imaginable; vinegar, cobwebs, balsam, brandy, punk, lead water, the white of eggs and sweet oil, charcoal, glue, alum, soot, lemon juice, shoemakers' wax, gum Arabic, tar, urine, tan, oak-leaves, salve, unguents, and other trash, to stop the effusion of blood; all these things render the healing of the wound more difficult, as they soil the surface, and as everything extraneous entering into a wound has again to be expelled by suppuration.

When a proper bandage, the application of cold water and of ice, a quiet and easy position of the patient, does not stop the bleeding, hasten for a surgeon, and until he comes proceed as follows:

Let the wounded part be elevated, and see that there is no more pressure on any part of the body than can be avoided. Should he faint, leave him at rest, and do not annoy him with smelling bottles. Fainting may be beneficial, for in this state the blood flows less rapidly, and is more apt to congeal in the wound, especially when aided by applications of cold water. If the patient turns quite pale, and becomes blue in the face, or has jerking of the limbs, however, there is danger, and China (in sol.) should be given immediately. After this, if worse again, give him a little good old wine, and after that, if necessary, repeat the China.

The same remedies ought to be given after much loss of blood, but when the bleeding has ceased the patient may drink small quantities of cold water as often as he asks for it.

To stop the bleeding, when the first bandage and the application of wet rags does not do it, give Arnica (in sol., 3—6 h.); if this fails, Ipecacuanha (in sol., 3—6 h.). The black glutinous drops which hang in chimneys where wood is burnt, will

answer, if nothing better can be got. Take a portion of this as large as a pea, dissolve it in a tablespoonful of brandy until the latter turns brown—mix this with half a tumbler of water, and drop it into the wound. If creosote can be had at the chemists, it is to be preferred. Various styptics have been recommended for bleeding wounds; one of the most powerful of these seems to be the leaves of the *matico*, which may be obtained at most chemists. In the absence of better remedies this may be tried.

The *bites of leeches* sometimes bleed too much; children have thus bled to death in the night, when proper attention was not paid to them. The wisest plan is to use no leeches at all; but they who have no knowledge of better remedies, must be expected to have recourse to improper ones. These wounds can be closed by putting in a couple of stitches, in the way before explained—they give no pain whatever. With children who dread this, the bleeding may be stopped by pressing the finger upon the wound for a considerable time, and applying some shoemaker's wax. During the night particular attention should, notwithstanding, be paid lest it recommence. After a vein has been opened the same precaution is necessary. The patient ought to rest undisturbed, and some one should be in attendance to see that the vein does not bleed again.

c) *Cleansing of the wound*.—However well a wound may have been bandaged, it will not heal if it has not been properly cleansed; therefore, before dressing the wound, free it from every thing extraneous. If the wound is full of dirt or sand, or if there are splinters in it, small pieces of glass, fish bones, shot or rags, or if the iron which made it was rusty, it will not heal so easily. All foreign substances should, if possible, be removed by the forceps and by washing well with water. If you find it impossible to cleanse the wound thoroughly, dress it but lightly, so as to prevent the air from penetrating, without pressing it much, and renew the dressing frequently.—Wounds of this kind, particularly when splinters remain in them, should always be dressed by a surgeon.

When a person has run a nail, fish-bones, splinters or glass into his foot, you cannot always remove them entirely; surgeons are sometimes apt to cut in every direction, but in vain. Into such a wound drop at once a little vulnerary balsam; balm of Peru is best; but if you have none, use Canada or any other; put over this a compress of linen, and tie it to the sole of the foot. Renew the application of the balsam every day until the wound has healed from within. At the same time the wounded person should walk occasionally, even though painful to him; the motion will assist in cleansing the wound. If there is much inflammation, apply cold water externally, and internally the remedies prescribed below.

If after a wound in the sole of the foot has healed, violent pain is experienced when walking, we may infer that there is still some foreign substance in the foot. Fasten to the sole of the foot a cork sole, a thick piece of pasteboard, or a thin board with a hole cut in it just where it touches the sore part, and let the patient walk on it frequently; at the same time give two successive mornings Silicea and Hepar (dry), and after waiting seven days Silicea again. The extraneous matter will generally soon be brought out. If you can feel anything plainly under the skin, let an incision be made to take it out, or let the skin be scraped very thin with a sharp knife.

d) *Subsequent treatment and diet.*—Besides stopping the hemorrhage, and cleansing and dressing the wound, its subsequent treatment, as well as the diet of the patient, is a matter of importance. When the wound is large, the patient should keep as quiet as possible; he should neither exert his mind nor his body too much; he should drink plenty of cold water, and avoid everything stimulating—much salt, spices, smoked food, &c.

If the dressing was necessarily put on very tight, loosen it somewhat if it becomes troublesome, the next day. If not too tight, leave it undisturbed, for two or three days, if the wound does not suppurate, and remove it gradually.

In removing a piece of sticking plaster, always begin at both

ends and proceed to the centre; begin to remove the strips at one end of the wound, replace the strip removed immediately by another, and continue in that manner till finished, in order that it may not open again or be dragged asunder. If possible, leave the dressing until the wound is healed; in summer, however, and when wounds suppurate freely, the dressing should be changed frequently. The threads in the sutures are to remain until they drop off of themselves.

Cold water is not only serviceable in stopping the bleeding and cleansing the wound, but also in healing it afterwards. Put on a compress of linen, and dip it frequently in cold water—particularly when there is swelling, redness and pain. Or take lint, dip it in water, and cover the wound with it; put over this some oiled silk or gutta-percha tissue, or where these cannot be obtained, paper which has been rubbed over with wax, or thick oiled paper may be used, and tie a handkerchief over it, to keep the adjacent parts dry. As the heat abates and the wound heals, renew it less frequently, and when the heat is gone discontinue it altogether.

All wounds which suppurate badly, are to be treated as ulcers—of which more hereafter. Wounds of this kind may be treated with cold water dressings, but occasionally they require applications of warm water and poulticing.

All lacerated wounds, and others which cannot be accurately united, must be drawn together and treated with cold water, unless they suppurate.

To all wounds over a bone, on the head, the breast-bone, the elbow, finger-joints or the knee, the shin-bone, or the ankle, apply nothing but cold water, without any bandage—unless in the beginning, to stop the bleeding, you may make use of pressure; afterwards merely tie something over the wound to keep off the air, particles of dust, &c. All other applications are injurious, as they may produce ulcers, which sometimes eat into the bone. The remedies recommended for fractures, may, likewise, be applied externally in a diluted state.

e) *Remedies.*—By selecting in every case the suitable reme-

dies, the cure will be considerably accelerated. Therefore, as soon as the patient is at rest, give him one of the usual remedies prescribed for wounds.

If, after such a medicine, the fever increases and is attended with dryness of the skin and great restlessness, give Aconite; but if the restlessness is accompanied by great excitement, Coffea; should the patient have lost much blood, give China; but if no great improvement takes place within 6, 8, 12 hours, administer one of the following remedies:

Arnica, if the injury has more the nature of a bruise than of an open wound, if the parts affected are brown and blue, or become so; if the wound can be well united; if it was merely in the skin (remembering that the skin, in some places, is very thick);

Calendula, if the wound is lacerated, if it is a deep gash, whose sides can be but imperfectly united; if moving causes pain, even after the wound is dressed; if the skin or flesh has come off in pieces; if the wound looks torn and jagged;

Staphisagria, if the wounds are clean, deep cuts in the flesh made by a sharp knife, or glass, or consequent upon surgical operations.

Hypericum is the most suitable remedy in stabs or cuts and wounds caused by bruises and laceration, when the pain is exceedingly severe, and particularly if it continues for a long time, resembles that of violent toothache, and extends from the wound upwards along the limb. The same remedy is also beneficial when children become convulsed after every trifling injury.

The medicines should be administered in globules internally. In the cases just alluded to they may also each be administered externally. For this purpose take a few drops of the tincture, dilute it considerably, and with this moisten small pieces of rags and place them on the wound.

To persons who have a bad skin, which is irritated by the slightest injury, give Chamomilla (dry), and should it do no good, give Hepar (dry). Sometimes it is necessary to give Silicea and the remedies prescribed for ulcers.

f) Lock-jaw.—(Trismus.)—When convulsive symptoms, the result of an injury, appear, and trismus or lock-jaw is to be apprehended, it is always best to send at once for a homœopathic practitioner. But if in this emergency none can be obtained, endeavour to render assistance as you may be able. If the patient complains of much pain in the neck, or of excessive stiffness in the neck and back, especially if this is preceded by a good deal of stretching of all the limbs; if he complains of cramp, or pain resembling cramp, in the joints of the jaw or in the cheeks near the ears; if he feels constant inclination to yawn, and yet is unable to open his mouth sufficiently; if he is fretful, irritable, difficult to please, give *Ignatia* (in sol., 2 h.) until there is improvement. But if, after several doses have been taken, he grows worse, if lock-jaw takes place, if his back is stiff and rigid, give *Mercurius*; if this fails, *Belladonna*, especially if his face is red; *Aconite* if it grows pale and red alternately. In some cases, where the sufferer becomes cold, *Bryonia* or *Veratrum* may be effectual; if warmth makes him worse, *Secale*. A person, not a medical man, will hardly be able to select the proper remedy among all those indicated. *Ignatia* is the principal remedy, if the patient grows worse whenever he is touched or handled; if the original hurt were the injury of a nerve, *Hypericum*; if there first appears a redness around the wound resembling erysipelas, *Ruta*; if much Mercury had previously been given, *Angustura spuria*, *Rhus*, *Hyoscyamus*, *Stramonium*, *Camphor*, &c., may sometimes be the remedies. In general, it may be said that the choice of the proper medicine often depends on the most minute circumstances. These remedies should all be given in sol., and frequently repeated.

g) Bleeding of the Gums.—Frequently the gums bleed considerably after the extraction of a tooth. The application of vinegar in such cases is always injurious; endeavour to staunch the blood with cold water. If this proves insufficient, fill the cavity with a small roller of linen or lint; if this will not do, moisten the lint with diluted creosote. If there is much pain and swelling give *Arnica* (in sol.); if fever, *Aconite* (in sol.).

Sometimes it is well to give them alternately. If in consequence of having taken cold the medicines do not afford any relief, give Rhus or Bryonia (in sol., 2—4 h.). For throbbing pain in the bone, which is so violent that it can hardly be borne, sometimes attended with fever, Hyoscyamus (in sol., 2 h.) will be beneficial. If the jaw swells, and a tedious suppuration follows, take Silicea (dry) once or twice a week until it improves.

h) Large wounds on the head.—When the bones of the head have been injured, or deep wounds have been received in the throat and in the breast, or stabs in the abdomen—all wounds, in short, where the joints have been crushed, or which penetrate into the joints, must absolutely be treated by a surgeon. We will, however, mention here, in a few words, the course to be pursued in case a surgeon is not at hand.

When a limb has been partially crushed, it may sometimes be preserved by cold applications, or by putting ice upon it, and by giving internally Arnica, alternating sometimes with Aconite; this is possible even when mortification has already taken place, by giving first China (in sol., 3—6 h.), and afterward, when the skin begins to turn black, Lachesis (in sol., 3—6 h.). The surgeon alone can, however, judge what is best to be done, and we only propose this treatment when the patient refuses to submit to amputation, when no surgeon who can perform the operation is to be procured, or when it is too late to undertake it.

i) Large wounds in the abdomen.—These wounds are often not so desperate as they appear to be; even if the bowels protrude, and the whole belly is torn open, do not give up the patient. Recovery sometimes takes place contrary to all expectation, from wounds apparently fatal. Replace the entrails as soon as possible, but not without having first cleaned them of sand and dirt, or of whatever else may be adhering to them. This ought to be done with luke-warm water, by merely rinsing and without rubbing. Be careful that no water enters the abdomen. Do not lay hold of the entrails with your hands, but with a clean linen cloth. Let the patient neither smell nor take any spirits or anything strong. If he is quite stupid or stunned,

give him opium (dry); if greatly excited, Coffea (dry); if he has convulsions, Ignatia (in sol., 1 h.); if he turns pale, if the nose becomes sharp and the limbs cold, give China (in sol., 1—2 h.); but as soon as the first alarm is over, give, in all cases, Arnica or Calendula (in sol., 2—4 h.). When no surgeon can be procured, sew up the wound with a waxed thread, only leaving a small opening in the deepest places, and dress it, to prevent the air from penetrating, in the manner above described, without giving anything further. If diarrhœa ensues, which is sometimes the case after surgical operations, give Colocynthis (in sol.), afterwards, if worse, Staphisagria (in sol.), they may be taken alternately (every 2—3 h.), until the symptoms change. If very bad symptoms appear, try Lachesis or Phosphorus.

Burns and Scalds.

For a superficial burn or scald, the best remedy is to hold the part to the fire, and the worst to put it into cold water, or to apply to it other cooling things, such as potatoes, carrots, turnips, &c. It is well known that the latter frequently produce blisters and ulcers. The former, on the contrary, draws out the heat; that is to say, the effects of the burn disappear entirely, and in a short time, by the application of moderate heat. The application of dry heat, however, is not, at all times, practicable; particularly when the burnt or scalded surface is large, as in this case the heat cannot be applied equally to every part. For children the operation is too painful; and in burns where the skin is destroyed, or when the injury is in the face, it is also inapplicable. Other remedies, therefore, have been proved, which are of easier application, and of which the effect resembles that of moderate heat.

The application of *spirits of wine*, strong brandy, rum, &c., particularly when warmed, is much better. Place a flat saucer, or other vessel, containing one of these articles upon the stove; in the meantime, set on fire another saucerful and let it burn a few minutes until hot, and then put it out by covering it, and apply it whilst the first saucerful is heating. Continue to

moisten the scald or burn with it as long as it aggravates the pain in the least. To extensive scalds and burns it may be applied by dipping rags into the spirit and keeping them constantly moist. When half the body is burnt, however, or when the injuries are deep, this remedy cannot be well applied; nor is it of use in the vicinity of the eye, or other sensitive parts—and it will do no good when, in the first confusion, cold water has been applied.

In many cases where the scald or burn covers a large surface without being very deep, *raw cotton* is a very good remedy. It should be spread in layers over the burn. Blisters, if any have arisen, should be first punctured—a fine needle answers best for this purpose—and the sores washed with warm water. If the wound suppurates, take off the upper layer, but let the lower one remain, and put fresh cotton on the top; at the same time the whole limb must be properly dressed. The earlier the cotton is applied, the more efficacious it proves; but after the application of cold water or cooling roots, it is of little use.

Soap is one of the best remedies both in superficial and deep ulcerated burns. It is the more valuable as it is easily procured and applied, and will prove serviceable even after other improper remedies have been used. Take white Castile soap, not the common resinous soap, scrape it fine, and make a thick salve with lukewarm water, make a plaster of this by spreading it on pieces of linen or muslin, and cover the scalded or burnt surface with it, taking care that it comes in contact with every part. If blisters have already formed, puncture them as directed above, and cut off as much of the loose skin as possible, and dress the wound so as to keep the surface in contact with the plaster.

The dressing may be changed every twenty-four hours, by carefully removing the old plaster, and replacing it immediately by a fresh one, without washing, or otherwise interfering with the sore.

At first the application of the soap plaster will probably increase the pain; this, however, will be but temporary, and will soon be followed by a decrease of the suffering. This treatment

should be continued until the sore is healed. The completion of the cure will, of course, depend upon the extent of the injury—but at all events it will take place much earlier than if you begin by applying cold water, and applying oil, lead-water, and such things to the burn. Slight burns and scalds will heal in two or three days, and bad ones in eight or ten. It will effect a cure even where the burn has penetrated to the bone; generally it prevents suppuration, and if skilfully applied, leaves no scars.

Lime-water mixed with lintseed oil also makes a very good salve for burns; it may be applied in the same manner as soap, and may be used instead of that in case the latter proves too irritating.

In all cases keep the air, as much as possible, from the burn; do not, therefore, dress the wound too often, and leave it uncovered no longer than is necessary. Cover all the sore places accurately and carefully, and do not suffer the linen to lie in folds, lest it stick to the sore, neither attempt to remove the salve which adheres to the wound. Open the blisters where most water has collected, cut off the skin, especially where it is loose and shrunken, and tie the whole up tightly but gently, without using too much covering.

Cantharides.—The tincture of Cantharides diluted, in the proportion of 5 to 8 drops of the tincture to half a tumbler of water, is one of the most efficacious remedies for burns. It may be applied by dipping rags—linen are best—into it, and applying them to the seat of the injury, renewing them two or three times a day, or whenever the pain begins to get worse again.

It may be used both in slight and severe burns, immediately after the reception of the injury or at a later period, after proper or improper remedies have been used.

In addition to the external application of Cantharides, it may be taken internally in globules, a dose every two or three hours, until the more painful symptoms are alleviated, and then at longer intervals.

A good remedy, also, is the Tincture of nettles (*Urtica urens*);

every one can prepare this by expressing the juice of this herb and mixing it in equal parts of spirits of wine, and applying it to fresh burns, mixed with tepid water, in the proportion of one fourth of the tincture to three fourths of the tepid water—to be used as above described, with moistened rags. If ulceration, however, has taken place, the pure tincture must be applied as above, changing the moistened rags every three or four hours. In very dangerous cases, put a drop of the tincture on a small piece of sugar, and give it to the patient to swallow.

The pains may sometimes be removed, and a speedy cure effected by the *tincture of causticum*. One or two drops of this may be put in a tumbler of water, well mixed, and applied with moistened rags. Should it produce too much burning, add more water; if, on the contrary, it is not sensibly felt, add one or two drops of the tincture. If it should fail to produce the desired effect, or do so only temporarily, apply Arsenicum, externally and internally.

If nothing else is at hand, the violent pains may be mitigated by strewing hair powder or powdered starch or flour upon the burn or scald.

For burns in the mouth, throat, or stomach, caused by taking too hot food, or in the rectum, occasioned by taking injections too hot, dissolve a few globules of Causticum in a cup full of water. Take a teaspoonful occasionally, and keep it in the mouth for a while. Use this medicine also in the form of an injection, and if it does not suffice, try Arsenicum.

In some cases Sapo has been beneficial, Rhus likewise, and Carbo vegetabilis. In fact, very much probably depends on what produced the burn, as well as on its extent and location; whether it may have been caused by fire, or coal, by a red hot iron, steam, boiling water, or by some other boiling liquid. More experience is wanted in regard to the treatment of the different *kinds* of burns, in order to apply to each the most appropriate antidote.

Burns from Sulphuric or other acids require lime water, or

chalk mixed with water; if caused by an alkali, vinegar will prove beneficial, or scraped apples.

In burns from phosphorus there is no better remedy than oil, sweet oil especially; renewing its application until the pains cease.

For the fever which sometimes accompanies burns, give Aconite (in sol., 2 h.). Arnica should not be used in injuries of this kind. In convulsions arising from severe burns, Chamomilla (in sol., 1—2 h.) has proved beneficial. Extensive burns are sometimes attended by diarrhœa or costiveness, but nothing should be done for either; unless the latter lasts longer than four or five days, when injections of warm water may be given. If the diarrhœa is attended with pains in the bowels, give Pulsatilla (in sol., 3—6 h.), afterwards Sulphur (dry). The diarrhœa which sometimes makes its appearance is essential to the preservation of life, and ought, on no account, to be interfered with, unless it continues for weeks after the burn has been cured; in that case give first Ipecacuanha, and after a day or two if required, Bryonia; if this fails, Dulcamara (all dry). In most cases it will disappear of itself, if you drink plenty of cold water, and take frequent exercise in the open air; both of which are necessary to restore persons who have been severely burned or scalded.

Of the applications of ointment of lead, or lead-water, I can only assure my readers that it has never done the least good; the horrid suppuration, ulcers, and dreadful scars which it leaves behind, could not be worse if nothing were done. To put a stop to the use of these abominable medicines among rational people, it cannot be too often repeated that the application of lead-water to any considerable part of the body (in case of a severe burn), almost inevitably proves fatal. Children who have been thus treated with lead-water, when half the body has been burned, have died in consequence—not, as is erroneously supposed, of the burns, but of the poison, of which the symptoms furnish incontrovertible evidence.

Frozen Limbs.

The treatment required when parts of the body have suffered from cold, is to be found under the head of "Chilblains" and "Frost Bite;" how frozen persons are to be treated, under "Apparent Death;" where rules are also laid down for the treatment of "Suspended Animation" from suffocation, hanging, drowning, and other causes.

CHAPTER IX.

FOREIGN SUBSTANCES INTRODUCED INTO THE HUMAN BODY.

1. Into the Eye.

Washing the eye with water will be beneficial if dust or any insoluble substance has got into it, but will be injurious if the substance is soluble, as the washing will only tend to diffuse it.

Rubbing the eye should also be avoided, as it merely increases the irritation. Putting the eye immediately in a vessel of cold water and holding it there, will frequently remove the cause of irritation and afford relief. Sweet oil will mitigate the irritation, when caustic, sharp acids or salts have caused it; but is injurious when caused by the powder of Spanish flies, or dead insects. The white of eggs is very good when sharp dusty mineral substances, paint, or small pointed particles, get into the eye. For lime, ashes, some kinds of dye-stuffs and perhaps tobacco, cream or sour milk is the best remedy.

If some hard substance gets into the eye and cannot be removed by the above means, but continues to cause irritation and pain, draw the eyelids apart, roll up a bit of paper, so as to have a soft point; with this, as with a hair pencil, you may seize and take it away. Fine blotting paper will answer best for this purpose, as the foreign body will more readily adhere to it. Should it be necessary to push the pointed paper far back into the eye, moisten it first with saliva.

By taking hold of the eye-lids with the thumb and finger, drawing them out from the eye, and everting them, while at the same time the eye is slowly moved in every direction, you may ascertain whether there is anything adhering to the inner part of them. In order to evert the upper eyelid, seize the eyelashes with finger and thumb of one hand, and press with a pencil or other similar body held in the other hand on the upper part of the lid, directing the patient to look downwards. The lid is thus easily everted, and any extraneous substance adhering to its lining membrane readily detected and removed.

Particles of iron, particularly those projected hot into the eye, when striking fire, or from a smithy, usually adhere very tenaciously; sometimes you may succeed in extracting them with a bent hair, introduced under the eyelid, and moved backward and forward, or with a clean ear-pick. A magnet is never of any use, unless the particle should be loose, and in that case paper will answer every purpose.

Particles adhering to or imbedded in the cornea are best removed by a couching needle. This is a delicate operation and requires the skilful hand of an experienced operator to do it safely.

As rubbing is injurious at all times, that it may be avoided it will be well to put on a linen compress dipped in water. Sleep sometimes diminishes the pain. If the eye is red and inflamed after the removal of the foreign body, give Aconite (in sol., 2 h.), which is also of service if it cannot be got out, and will diminish the pain until you can procure a surgeon, or till the night is passed, when day-light will enable you to examine more closely. If after giving Aconite several times, the eye continues sensitive and red, give Sulphur (dry), and in case this does not prove efficacious, Calcareæ (dry).

2. Into the Ear.

When an insect has found its way into the ear, place the patient upon the opposite side, and pour sweet oil into the ear, until the insect becomes visible; then take it out with a small roll of paper, or a pair of delicate forceps.

Extraneous bodies, such as gravel, shot, beads, cherry-stones, pieces of wood, peas, beans, pins, &c., are often put into the ear by children. If attended to before they excite inflammation and swelling, they can generally be removed by very slender forceps or by taking a hair pin and bending the curved end so as to form an obtuse angle, like the heel of a spoon—this may be easily done with an ordinary key—and a handle made by putting the points of the needle into a cork.

Place yourself behind the ear, draw it upwards and backwards with one hand, and at the same time away from the head, that you may look into it as far as possible; dip the instrument into sweet-oil, and pressing the bent part against the back part of the internal ear, push it in till it passes behind and around the object; then lift a little, and the end of the needle will take hold of it from behind, like a spoon, and bring it out.

If pain and inflammation of the ear remain, give *Arnica* (dry) and after a few hours *Pulsatilla* (dry). If the inflammation is already very considerable, and the ear so much swelled that nothing can be got out, *Pulsatilla* (in sol., 2—4 h.) is also of service. In some cases, where the children are in great pain, have much fever, speak incoherently, or behave as if delirious, give, if *Pulsatilla* does not suffice, *Belladonna* (in sol., 2—4 h.), and afterwards, if there is still some pain left, *Sulphur* (dry) may do good.

3. Into the Nose.

Foreign bodies, if not very firmly fixed, may be removed from the nose by taking a full inspiration, closing the mouth and expelling the air forcibly through the nostrils; or by tickling the nostrils with a feather, or a little dry snuff to bring on sneezing. Sometimes obstructions may be removed from the nose with forceps or by the same instrument recommended for the ear, or a similar one, but somewhat longer, or they may be pushed back, so as to fall into the mouth. Do not make too many experiments, but rather apply to a surgeon who has the necessary instruments. The swelling, which will sometimes prevent the extraction of an

object, or which remains after it has been extracted, may be considerably lessened by the administration of Aconite and Arnica; or if these do not succeed, by Rhus or Belladonna. For the remaining pain and suppuration, if any, give Sulphur.

4. Into the Throat (Œsophagus).

If a foreign substance lodges in the throat endeavour to make the patient throw up, by beating him between the shoulders; let him open his mouth, press down his tongue with a spoon and look into the throat, in order to ascertain whether there be anything which can be seized and brought out with the fingers.

If a large piece of food remains in the throat-on account of its size and hardness, it is advisable to excite vomiting, particularly if, upon retching, you perceive the obstruction moving upward. Tickling the throat will sometimes effect this, if not, put snuff on the tongue, or give an injection of tobacco. When it can be felt on the outside of the throat, a gentle pressure upward may force it out. At first you ought to endeavour to make the sufferer throw up again whatever has been swallowed, but do not proceed with too much violence. If the substance has already descended so far that it cannot be felt in the throat, and it seems as if it were sticking fast in the chest, it must be forced down into the stomach, particularly if it is soft, smooth, and soluble, and is only arrested on account of its size. If the sufferer feels that at times it slips down, it should be allowed to glide of itself into the stomach, or assisted by occasionally swallowing a little water, provided it is a substance which will not swell; otherwise a little melted butter. If the symptoms however become too troublesome, endeavour to push it down. For this purpose take a smooth willow twig, or a small piece of whalebone scraped perfectly smooth, and tie to the end of it a bit of sponge. To be able to fasten it on well, cut a few notches in the stick, and use waxed thread or silk. Rub some sweet oil on this instrument, and introduce it cautiously into the throat, pushing gently against the back of the throat.

If a contraction takes place, which prevents the substance from

being moved, or if pains, difficulty of breathing, and other symptoms make their appearance, give *Ignatia* (dry); and if this fails to relieve, *Chamomilla* (dry); then sweet-oil or butter; and after this, try again to push it down.

Frequently the sensation of something sticking in the throat will remain, although the substance has already descended into the stomach. This, however, is of no consequence, and will disappear of its own accord, or after medicine. You may judge that this is the case when the pain increases no longer, but remains the same, and when no other symptoms appear; also when things soft or fluid can be swallowed without coming up again, and which, when passing the sore spot, produce some pain, without making it much worse. In such cases give *Arnica* (dry), and afterwards, if necessary, *Mercurius vivus* (dry), or one of the medicines prescribed below. But if, on the other hand, there are small particles still remaining in the throat, producing constant irritation, give *Silicea* (dry).

If a bone remains in the throat, which is so large that it cannot go down, extract it in the manner recommended below, or let a surgeon be called in.

With sharp, pointed articles, such as pieces of glass, fish bones, small bones, needles, &c., be cautious and use no violence. Frequently swallowing a large mouthful of slightly chewed bread, potatoes, figs, dried prunes, &c., will remove them; or if they are small pointed articles, which pierce the membrane, pills made of wax as large as a musket ball, dipped in honey; those made of wax fresh from the hive, and rolled in the honey until they become round and smooth, are to be preferred.

When dangerous symptoms, such as violent pain, retching almost to suffocation, great anguish, fits, &c., occur, hasten to remove the obstruction, or at least to loosen it. A violin string, or a fine wire, bent in the middle so as to form a small loop, will answer this purpose. It must be introduced in such a manner that the ends of the sling or loop are out of the mouth. Push it forward gently until it is below the painful spot, then move it up and down, and twirl it round several times, and draw

it up again slowly. In some cases a piece of whalebone, or a small willow twig, as described above, will answer better. This should be introduced with a rotary motion, until the sponge is below the object, then give a mouthful of water, and after the sponge has swelled a little, draw it up slowly. A feather tied to a strong thread, may be pushed, quill foremost, down the throat, so that the feathery part, when pulled up, may press against the sides, and on being turned several times may loosen and bring up the foreign body. Pins, needles, fish-bones, &c., may sometimes be extracted by tying to a whale-bone or willow twig a number of silk slings, made like those for catching birds, introduced in the manner above described, and turned round several times. A piece of fat meat—bacon—tied to a string, and swallowed, and pulled up again by the string, has also been used successfully.

Splinters of glass may be removed from the throat, by taking two or three inches of the upper end of a tallow candle, fastened to a string by the wick, compelling the patient to swallow it and then drawing it up again; this may be repeated several times if necessary.

Fish-hooks, with a part of the line attached to them, have been swallowed and successfully removed by drilling a hole in a leaden bullet, passing the line through it and causing the patient to swallow it. The weight of the bullet will disengage the hook, and its point, coming in contact with the lead, will prevent it sticking again into the œsophagus, in the act of drawing upon the line, so that both bullet and hook may be drawn out together.

A better way of extracting a fish-hook, when the line can be seized is this: take a long leek, carrot, parsnip or similar shaped root, cut it to a size suitable for the œsophagus, *i. e.*, for an adult, about the thickness of two fingers, bore a hole right through its longitudinal axis; through this hole pass the line till it issues from the other end; seize the free end of the line with the finger and thumb of the left hand and pass the root gently down the œsophagus until it comes to where the hook

is embedded in the membrane; employ now a greater amount of force and you will tear the barbed end of the hook out of the mucous membrane, when this is done, pull the line smartly, the hook will thereon stick into the end of the root, and the root and hook may now be easily drawn up together.

In performing operations of this kind, the patient should be seated on a chair, with the head thrown well back, and supported from behind by an assistant; then press the tongue down with the fore-finger of the left hand, and introduce the instrument, previously oiled, slowly and carefully, pressing against the back part of the throat. By the sudden resistance, or the convulsive motion and pain of the sufferer, you may know that the instrument is near the obstruction, or at the painful spot. In pulling it up, be careful not to strike against the larynx, and lose again what you have brought up. Rather press the instrument a little against one side, and bend the head quickly forward, as soon as the end of the instrument reaches the top of the throat.

In very dangerous cases, where even the experienced practitioner is unable to afford relief, the last alternative is to make an incision in the throat, by which, sometimes, persons have been saved who were supposed to be suffocated.

5. Into the Larynx or Windpipe.

When a person talks or laughs when swallowing, or breathes rapidly, whilst holding something in his mouth; when children in their play, catch something with their mouth, which is thrown towards them, and it gets into the larynx or windpipe, ("going the wrong way," as the phrase is,)—beating with the flat hand on the back whilst the sufferer bends forward, or blowing snuff up the nose to induce him to sneeze, or tickling the throat with a feather to produce vomiting, is not always attended with success, and, in trifling cases, it sometimes makes it worse. Neither too many nor too violent attempts of this kind ought to be made. In the beginning you may cause the head to be bent back as far as possible, that the object may be brought up by coughing. Yet not much can be expected from this, if the foreign substance

is firmly fixed in the windpipe. You may sometimes ascertain whether there is anything actually in the larynx, by taking hold of the latter and shaking it very gently with your thumb and forefinger once or twice, the obstruction will rattle, if it is loose or sufficiently large. Sometimes the patient will fall asleep, and whilst in that state the extraneous body is dislodged (the head in this case should not be too high).

Such foreign bodies have been removed by gently turning the patient upside down, the intruding substance will then sometimes fall out by its own weight.

If the danger, however, should continue to increase in spite of these means and the medicines hereafter recommended, an operation must be performed. Hasten, therefore, to call in the nearest experienced surgeon who knows how to make the incision in the windpipe,—the only means which can save the patient,—and which sometimes succeeds even when he appears already suffocated. This operation, if properly performed, is by no means so dangerous and difficult as it would appear, for most of those who are operated upon recover; and even when the windpipe has been severed in an attempt at suicide, the patient is not unfrequently restored. It is, therefore, unwise not to have recourse to this operation, if a skilful surgeon can be procured in time.

As the symptoms frequently resemble those of obstruction in the throat, you should always look into the mouth, whilst pressing down the tongue, and try if you can feel any thing with your fingers or a spoon; also try with whalebone or a willow twig whether you can feel any substance in the throat. You may likewise know by the following signs that there is something in the windpipe; the pain is more towards the front, so that the sufferer can point it out with his finger; when the obstruction is in the throat, the pain is more back. There is great difficulty in swallowing and breathing in both cases, but when the windpipe is obstructed, the breathing is particularly difficult, the face is bloated and purple, the eyes protrude; the voice is more affected, becomes hoarse, or is lost altogether; the cough is whistling or rattles, and threatens to terminate in suffocation.

The symptoms, in some cases, do not at first appear to be of great consequence, but they increase gradually, or sometimes they disappear altogether, and return with greater violence.

If the foreign substance is not located in but below the larynx, and respiration is not impeded by it, the patient may seem to be in good health for days and even for weeks, without experiencing any cough or other symptoms. Of a sudden, however, he will be taken with violent fits of coughing almost to suffocation, the attacks resembling those of croup. In such cases, if Tartar emetic or Silicea do not afford immediate relief, there is little hope remaining. Neither will an incision always avail, if between the attacks of coughing, the respiration becomes more and more difficult and heaving. By this time the lungs have become congested, and the sufferer will often die whether an opening be made in the larynx or not.

After having ascertained that the obstruction is in the wind-pipe, give, at once, *Ipecacuanha* (in sol.), repeating the dose if it affords relief, as often as the symptoms become worse again. Nothing besides this but sugar or sugar-water should be given, until medical aid can be procured. *Belladonna* may also have a good effect. When the patient falls asleep, do not disturb him; and if the symptoms re-appear, do not immediately give a fresh dose, but wait until they are really worse. Sometimes the object is ejected during sleep. If *Belladonna* does not suffice, or if symptoms remain after the danger is over, you may give *Hepar*. If, despite of all these remedies, the patient should be in danger of suffocation, give Tartar emetic (1st trit. in sol., $\frac{1}{4}$ h.), or, when the patient becomes purple in the face, *Opium* (in sol., $\frac{1}{4}$ h.).

When dust has been inhaled, which causes violent cough, or hair or feathers have got into the windpipe, *Belladonna* (in sol., $\frac{1}{2}$ —1 h.) will be of service; afterwards give *Hepar* (dry). The relief will, however, be but gradual. It is well to give, at the same time, some sugar or gum Arabic.

If anything has got into the throat of a child, and is located in or near the upper part of the larynx, frequent attacks of a

suffocating cough will ensue, which Tartar emetic (1st trit., in sol., 1—2 h.) will greatly relieve. If the attacks return continually, or, if there is a cough attended with an offensive smell, give Silicea (in sol., 12 h.). In almost all instances gradual improvement will thereby be effected, the patient getting rid of the obstruction by coughing, or by swallowing it. In tedious cases Hepar may be given alternately with Silicea (dry, 12 h.).

6. Into the Stomach and Intestines.

The introduction into the stomach of foreign bodies such as buttons, coins, rings, &c., a matter of frequent occurrence with children, and which is generally the source of a great deal of uneasiness to the parents, is not usually followed by serious consequences; as they sooner or later pass off through the bowels without much pain or inconvenience, unless they are too large to do so, in which case they may cause very serious disturbances or death itself.

Their passage through the bowels may be facilitated by eating plentifully of boiled rice, porridge, or some farinaceous food which will in its passage distend the stomach and intestines and help to carry off the extraneous substance. Rubbing and kneading the abdomen softly, or lying on the belly, frequent exercise, without using violent exertion, may also accelerate this event. A person who is disposed to be costive should take no aperient medicines, which only weaken the intestines, but should eat light food, plenty of butter, and have, daily, an injection of warm water or milk administered.

In order to ascertain whether the article swallowed has been discharged, the excrement may be allowed to fall into a vessel containing water, and after it has dissolved, strained through a sieve or basket: or, if needles have been swallowed, through a coarse cloth. Needles sometimes make quite a different passago for themselves, and come out without causing any injury; if they remain too long, give, every week, Silicea (dry) followed by Hepar (dry).

If, some time after needles or coins have been swallowed, bad

symptoms make their appearance, such as violent pains in a particular part of the abdomen, as if something were jammed, give *Ipecacuanha* (in sol.). If it does good, repeat it as often as the symptoms get worse again; if not, give *Nux vomica* (in sol.). Should, notwithstanding, more violent symptoms, severe colic and constipation appear, give *Opium* (in sol.) in frequently repeated doses; if violent attacks, with a throbbing pain in a particular spot, as if suppuration was about to commence, give *Lachesis* (dry). Sometimes the mechanical irritation caused by coins or pieces of metal taken into the stomach will set up fatal disease of the brain, against which all our remedies may prove unavailing, seeing that the exciting cause remains.

Sometimes articles which have been swallowed pass through the intestines without any difficulty, and remain in the anus. The passage from thence will be assisted by injections of lintseed oil, olive oil, or milk; or by the insertion of long, thick strips of bacon into the rectum, one half may be allowed to hang out, or they may be held by a thread; in this way the bacon protects the anus against the hard substance. In this manner the latter is frequently extracted with much facility, particularly if somebody assists with a piece of rounded whalebone or with the handle of a silver spoon. If you cannot succeed with this, send for a surgeon, and let him examine the parts; but have recourse to no aperients, which may prove dangerous. If the anus closes convulsively, give *Ignatia* (dry).

Leeches inadvertently swallowed, give rise to painful consequences, as burning pain in the stomach, hiccough, spitting of blood and slow fever, which reduces the patient visibly. These consequences may be prevented or removed by the immediate administration of a quantity of common salt, dissolved in water, and occasionally melted butter. In children, sugar will sometimes relieve the symptoms. For the remaining symptoms, if any, give *Arnica* (dry), and, some days after, *Arsenicum* (dry).

When other live creatures find their way into the stomach; if insects, let the patient swallow some sweet oil or salt butter; and if that fails to relieve him a bit of camphor, the size of a pea,

ground up with oil. When worms, snakes, frogs, &c., get into the stomach, let the patient drink sugar-water and eat sugar, until it acts as an aperient. If this does not succeed give a smart emetic of Ipecacuanha, Tartar emetic, sulphate of zinc or mustard powder in doses sufficient to produce vomiting. The bad effects remaining after the emetic has produced its action will be obviated by smelling camphor, and giving Ipecacuanha (if that was not the emetic used) several times, or *Nux vomica* in the evening.

7. Into the Skin.

When any large substance gets under the skin, proceed as recommended under the head of "Wounds." We shall only mention the best means of removing small, pointed particles, such as thorns, thistle-prickles, chestnut-burs, great numbers of which sometimes stick in the skin. In case they cannot be extracted with a pair of pincers or tweezers: put oil on the spot, then take a common knife, not too sharp, and scrape the skin slowly, applying the whole blade, as in shaving, and bear on moderately hard. If the thorns have entered obliquely, scrape the skin in such a direction as to press first upon the points. Continue this operation, applying oil constantly, until every thing is extracted.

The same method may be pursued when splinters of glass get into the skin; but this is very painful, and it is mostly better to let them come out by suppuration, if they cannot be extracted with the forceps, applying poultices to hasten the suppurative process. For the inflammation which sometimes ensues give *Arnica*; for the suppuration *Hepar*, followed, if necessary, by *Silicea*, and in case the suppuration should be profuse, and the wound become deep, and neither *Silicea* nor *Hepar* bring about improvement, give *Lachesis* or *Mercurius vivus*. These remedies (in sol., 6—12 h.).

PART SECOND.

TREATMENT OF DISEASES.

CHAPTER I.

AFFECTIONS OF THE HEAD.

Giddiness, Vertigo.

GIDDINESS sometimes arises from causes which medicine may remove; such are, disordered or foul stomach, profuse evacuations, ardent spirits, narcotic medicines, and falls or blows on the head. Sometimes it is connected with other complaints, and can only be removed by attention to the general health of the patient.

A person who is subject to giddiness should be moderate in eating and drinking—should rise early, walk frequently in the open air, and use the flesh-brush in the evening.

Aconite relieves giddiness with nausea, eructations and vomiting, cloudiness of the eyes, loss of consciousness, &c.; Pulsatilla or Antimonium crud., if there be disordered stomach, nausea and vomiting, repugnance to food, &c.

Arnica, that which arises during dinner, or after hearty meals, with dimness of vision, whirling in the head, flushed face, &c. In this kind of giddiness, which is always alarming, Nux vomica, Chamomilla, Pulsatilla, Rhus and Cocculus, according to the disposition of the patient, will be beneficial. And the strictest temperance is also requisite.

Sulphur or Calcarca, sometimes cures the giddiness resulting from the suppression of old ulcers.

Mercurius vivus, if the giddiness appears only in the evening, and is accompanied by dimness of sight; *Belladonna* if there is sparkling before the eyes when moving, increased by stooping; *Cocculus*, against vertigo, which is increased by sitting upright in bed, and also that caused by the motion of a carriage. *Phosphorus*, if the giddiness is accompanied by headache and a feeling of pressure on the top of the head.

Giddiness from close thinking is relieved by *Nux vomica*; from looking up, by *Pulsatilla*; on moving—better when lying—China; in the bed, *Nux vomica*; on lying down, *Rhus toxicodend.*; on rising, *Chamomilla*; on stooping, *Aconite*, and afterwards, *Belladonna*; from riding, *Hepar*, and afterwards *Silicea*; when sitting, *Pulsatilla*.

Giddiness, with partial loss of consciousness, or agitation, *Belladonna*; so bad as to make the patient apt to fall, or fear that he is going to die, *Rhus toxicodend.*; with buzzing in the ears, headache, heat or paleness of the face, dimness of the eyes, *Pulsatilla*; with weakness in the head, China; with bleeding of the nose, *Sulphur*; with fainting, *Chamomilla*, subsequently *Hepar*. (These remedies may be given in sol., 6—12 h., or dry, n., according to the severity of the affection).

Weakness of Memory.

Weakness of memory, from bleeding, purging, and other debilitating causes, is removed by China or *Lachesis*; that from blows on the head, *Arnica*; from spirituous liquors, *Nux vomica*; from fright, anger, vexation, select among the remedies recommended Part I., Chapter I., particularly *Aconite* and *Staphisagria*; from damp air, *Veratrum*, *Rhus toxicodend.*, or *Carbo vegetabilis*; with determination of blood to the head, particularly *Aconite* and *Belladonna*; and among the remedies prescribed for these causes, China, *Rhus toxicodend.*, *Mercurius vivus*, or *Sulphur* (all dry). Benefit will be derived from washing the head every evening with cold water, and tying a handkerchief round it; and every morning washing the forehead and eyes in very cold water.

A better remedy, perhaps, is to place the feet, up to the ankles, before going to bed, in very cold water, for two or three minutes, after which rub them well with a coarse towel.

Determination of Blood to the Head.

This is a very troublesome, and when of long continuance, a dangerous complaint. The arteries in the head can be felt to beat as the pulse beats; the veins of the head and neck are swelled; the head feels full; frequently giddiness takes place, particularly when stooping or when walking in the sun; as if the head over the eyes would burst—worse when stooping and coughing—give Aconite (in sol.); if it does good, repeat it. Cold applications to the feet are also of benefit. At the same time abstain from coffee, wine and ardent spirits, and be moderate in the use of warm drinks—but drink freely of cold water, and wash the neck and head frequently with it. If this should not afford relief, and the patient is very irritable or passionate—has drunk much ardent spirits, or has been much confined, give Nux vomica (in sol., 3 h.).

Belladonna (in sol., 2—4 h.), if there is severe jerking, burning, shooting pains on one side of the head or violent pressure in the forehead at every step or motion, increased by stooping, or even by noise, or the glare of light.

Aconite (in sol., 2 h.), if accompanied by sparkling, flickering before the eyes, seeing double, buzzing in the ears, frequent fainting, stupid, heavy sleep; if children are teething, or when girls have arrived at the age of puberty, or if they have caught cold during menstruation, particularly from wet feet, followed in 6, 8 or 12 hours by Belladonna.

1. CAUSED BY JOY OR EXCITEMENT.

If occasioned by excess of joy, or accompanied by great excitement, give Coffea; after a fright, Opium; after vexation, Chamomilla; after suppressed vexation, Ignatia; after anger, Nux vomica, as mentioned before, when treating of these causes. When caused by a fall or blow upon the head, Arnica, which

may be repeated in 24 hours, if requisite. The bleeding from the nose which is apt to accompany it, should not be interfered with.

2. CAUSED BY DEBILITY.

If the determination of blood is caused by great debility, give China; if it returns every time after taking cold, Dulcamara; if it returns after lifting something heavy, Rhus tox.; when at the same time the patient perspires too easily, and too much, Mercurius vivus; if he feels cold, let him smell camphor a couple of times. If, in spite of all these remedies, it returns, give Sulphur, if the patient has not already had this medicine; if so, give Hepar, and if this fails, a fortnight after, Silicea, but not more than two or three times (all dry).

If the first mentioned medicines do not speedily afford relief, and there appears to be danger, make a poultice of oat-meal and wrap it quite warm around the feet; or bathe the feet in very warm water, and repeat it frequently until there is an improvement or until a feeling of chilliness comes on; if the bowels are constipated, give injections of milk-warm water.

Headache.—Cephalagia.

In the treatment of this common complaint, we may frequently be guided by the causes which produce the pain, or by the complaints which accompany it; it is, however, necessary to distinguish the different kinds of headache, as the same medicine may prove beneficial or injurious under different circumstances.

1. HEADACHE FROM DETERMINATION OF BLOOD TO THE HEAD.

When headache *proceeds from a determination of blood to the head*, or from inflammation, it is usually throbbing, attended with heat, the arteries in the neck may be seen to beat; if the pain increases, vomiting ensues; the headache becomes worse after shaking, moving the head, lying and stooping; sometimes better when standing. Among the domestic remedies, vinegar is the best; place crusts of bread, which have been soaked in vinegar, on the temples, and give injections of warm water; if

this does not afford relief, mix some vinegar with the water; bathe the feet in warm water, and afterwards rub them with flannel. Persons who are liable to this complaint should accustom themselves to drink plenty of cold water, and rub the head every morning with a cold, wet cloth, particularly the forehead and temples, and bathe the feet in a shallow cold water foot-bath every evening before going to bed.

Aconite (in sol., 2—4 h.) may be given and the vinegar discontinued, when the pain is very severe, with a burning sensation over the whole brain, particularly in the forehead, the face red and bloated, the eyes red; when the pain is accompanied by talking incoherently, or raving. If there should be but little or no improvement, Belladonna may be given in alternation with the Aconite.

Belladonna (in sol., 4—6 h.) is especially indicated when the pain is deeper seated, is oppressive and heavy, and the face pale and haggard, with unconsciousness, incoherent talking, murmuring, drowsiness. It should not be repeated too often.

Pulsatilla (in sol., 4—6 h.) is preferable when the pain is dull, oppressive, on one side only, very harassing and weakening; if it commences in the back part of the head, or at the root of the nose, and goes back; is mitigated by compression or by lying down; is worse when sitting; better when walking; if the head is heavy, the face pale, with dizziness, agitation, inclination to cry.

Rhus tox. (in sol., 4—6 h.) when there is burning, throbbing pain, with fulness of the head, oppressive weight, crawling, or a sensation as if a fluid were rolling inside, or as if every thing were loose, and particularly when it comes on after meals.

Glonoine (in sol., 2—4 h.) for throbbing headache in the temples, with a sense of constriction about the neck, very rapid pulse, and when the headache is increased by the slightest movement, and is transiently relieved by the application of cold water or ice.

2. HEADACHE FROM CAUSES WHICH LIE IN THE BLOOD.

When headache, of which the cause lies in the blood, makes

its appearance after meals, with great drowsiness, stiffness, and pains in the back of the neck, the speech being thick, or the face distorted, the mouth drawn to one side, the limbs falling asleep, give Belladonna or Nux vomica (in sol., 2—4 h.); bathe the feet in hot water, send quickly for a physician, and treat the patient as recommended under “Apoplexy.”

3. HEADACHE CAUSED BY CATARRH.

When *caused by catarrh*, headache is mostly in the forehead, oppressive, burning, better in the morning, worse in the evening, the eyes full of tears, sneezing, dry heat in the nose, frequent chills, sometimes a little cough; in this case it is advisable to draw warm water into the nose, and drink cold water before going to bed.

Aconite (in sol., 2—4 h.) should be given for this kind of headache, if it is better in the air, but worse when talking.

China (in sol., 4—6 h.), if it is worse in the air, when reading or thinking, if it presses like a load, is drawing and tearing. Arsenicum (in sol., 6—8 h.) if there is running from the nose, the discharge being acrid, if it causes hoarseness, restlessness, and is accompanied by buzzing in the ears, throbbing in the forehead, nausea, is better in the air or in a warm room. For other remedies, see “Catarrh.”

4. HEADACHE FROM RHEUMATISM.

Chamomilla (in sol., 6—12 h.) is the best remedy for rheumatic pains in the head, especially when the following symptoms are present; pains of a tearing and drawing character, which change their seat frequently.

If Chamomilla fails to give relief in a few hours, it may be alternated with Pulsatilla in the morning or Nux vomica in the evening; if it goes to the nape of the neck, the ears and the temples; the head is pained externally when touched or moved; worse in bed towards midnight, frequent perspiration, &c. Frequent bathing of the feet in warm water, combing the hair in the evening, and also drawing hot vapor of water into the nos-

trils, is sometimes of service; especially when small swellings appear in different parts, or when vomiting gives relief.

Ipecacuanha (in sol., 6—12 h.) will be of service when the pains are more of a gouty character, (that is, the gnawing and tearing is more intense) and are relieved by heat and vomiting.

Ignatia (in sol., 6—12 h.), when but little relief is experienced from Ipecacuanha, and particularly when the worst pain is over the nose, or is digging, piercing, tearing, deep in the head, and better when stooping or lying down.

Nux vomica (in sol., 6—12 h.) when there are shooting pains in the side of the head, worse in the air or when stooping.

Colocynthis (in sol., 6—12 h.) will sometimes relieve rheumatic pains of the severest kind, after the failure of other remedies.

Relief is also often obtained by drinking some coffee without milk.

For rheumatic gout in the head, when the pains are tearing and beating all over the head, with a sensation as if it were coming apart, with agitation, restlessness, tossing about, nausea with rising of wind and retching, Ipecacuanha, Nux vomica and Bryonia will sometimes afford speedy relief; if they do not suffice, Sepia is the best remedy.

5. HEADACHE FROM DISORDERED STOMACH AND BOWELS.

Disorders of the stomach and bowels frequently produce headache. When produced by undigested food, strong coffee without milk or sugar is very useful; but if by a deranged stomach, give the remedies recommended under that head; if the bowels are constipated, injections of warm water, will give relief.

The symptoms accompanying this kind of headache are: a furred tongue, bad taste, entire loss of appetite, nausea or vomiting, coming on at an early stage, and increasing with the pain. If, on the contrary, the headache is of a neuralgic character, it produces nausea and vomiting at a later and highly aggravated stage. If headache is the cause of the sickness of the stomach, give the remedy for headache; but if the disordered stomach is

the cause of the headache, give the remedies for *disordered stomach*.

6. HEADACHE FROM CONSTIPATION.

Constipation causing determination of the blood to the head, and headache is generally cured by Bryonia, Nux vomica or Opium.

Nux vomica (in sol., 6—12 h.) will be indicated if walking or moving the head makes the brain feel sore, if there is pressing in the temples, and neither sitting up nor lying down gives relief; when the eyes are dull with inclination to shut them, and sleeplessness notwithstanding; if the head feels heavy, particularly when moving the eyes, as if it would burst during mental application; when it is worse in the morning, in the open air, or after meals; and particularly after coffee, or when there is a loathing of coffee.

Pulsatilla (in sol., 6—12 h.), when the pains are only on one side, with little determination of blood, with shivering, no thirst, when the patient is of a mild and quiet temperament, inclines to weep and is agitated.

Bryonia (in sol., 6—8 h.), when the head feels as if pressed together from both sides, and when on stooping, as if everything would fall out of the forehead; when the nose bleeds, without affording relief; when the eyes water and burn.

Opium (in sol., 2—3 h.), if the pain is violent, with a tearing, bursting sensation in the forehead, visible throbbings in the temples, considerable congestion of blood, restlessness of the eyes, much thirst, dryness of the mouth, sour eructations, inclination to vomit, and even foul and offensive vomiting.

Mercurius vivus (in sol., 6—12 h.) will frequently suit, when the head seems full to bursting, as if tied with a bandage, worse at night, tearing, burning, boring, shooting pain.

Ipecacuanha (in sol., 3—6 h.), if nausea commences with the headache, if every part of the head to the very tongue feels as if bruised, if there is vomiting or retching. Veratrum, Lycopodium or Sepia (in sol., 6—12 h.), will be beneficial if continued

costiveness occasions a determination of blood to the head, with pains on one side, oppressive throbbing as if the brain were bruised, with a strangling sensation in the throat, or with stomach-ache, with painful stiffness in the neck, frequent emission of pale colored urine, nausea and vomiting.

7. SICK HEADACHE.

Sanguinaria (in sol., 2—4 h.) will give relief if the pain comes on periodically, or if it begins in the morning and lasts till night, with a fulness of the head, as if it would split, or as if the eyes were pressed outwards; or if there is a shooting, stinging, beating pain throughout the head, but more in the forehead and worse on the right side, attended with chills, nausea, vomiting, inclination to lie down, and if the symptoms are made worse by motion.

Belladonna (in sol., 2—4 h.), is the next best remedy, when the pains are worse on the right side, when the external part of the head is very sensitive, the veins of the head and hands being swelled,—painful waving in the head, buzzing in the ears and dimness of the eyes. It is likewise beneficial in the worst pains, extending to the eyes and nose, on one side of the head, with a pressing, cleaving, rolling, sensation, augmented by every motion, by turning the eyes, by a bright light, by every noise, the sound of steps, in fact, at every concussion; when there is a jolting sensation in the head and forehead at every step, or on going up stairs; also when the pain returns every afternoon, and continues till after midnight, aggravated by the warmth of the bed, or on lying down; worse when in a draught. Also, in pains which commence like a breath, changing to an acute pain, seizing half the head; sometimes piercing momentarily, but so penetrating as to deprive the sufferer of his senses.

Sepia (in sol., 4—6 h.) proves very beneficial in very severe cases where the pain is mostly above the *right eye*, shooting, and boring, so that the patient screams out, with nausea and vomiting, made worse by shaking or moving the head.

Aconite (in sol., 2—4 h.) will remove a similar pain on the *left side*, and if it is not entirely gone, an hour after having given

Aconite, give Sulphur or Silicea, with which the symptoms may be compared under the head of "nervous headache."

Spigelia (in sol., 4—6 h.) is suitable in the worst pains on the left side, if they are attended with an insupportable beating in the temple, and with pain in the whole left side of the head, and sometimes pain in the face and teeth, increasing as the sun mounts in the sky, or augmented by stooping and motion in the open air, with the greatest sensibility to the least noise, and if attended with a fetid odour from the mouth.

In selecting a remedy the following indications may be taken as a guide.

Belladonna, if the pain is accompanied with great sensitiveness to the light.

Spigelia, if the pain is accompanied with great sensitiveness to noise.

Sanguinaria, if the pain is accompanied with great sensitiveness to the walking of others in the room.

Sulphur or Aconite if the pain is accompanied with great sensitiveness to all kinds of odour.

Sepia, if the patient dislikes to be touched, complains of his bed, is peculiarly sensitive to thunder storms, to the cold air, is easily vexed.

8. NERVOUS HEADACHE.

In headache arising from an affection of the nerves, the head is generally cool, the face pale, in the beginning the patient sometimes discharges a colorless urine; vomiting gives relief; the headache, however, returns frequently on one side only, or is boring, as if produced by a nail on particular spots; touching the head increases the pain. Lying down quietly in a dark room mitigates the pain during the paroxysms; it may be prevented by frequent washing in cold water, by rubbing and brushing the skin, and by using the medicines indicated below. Drinking coffee is so injurious in this kind of headache, even if it should give relief during the attack, that the patient must abstain from it entirely.

Coffea (in sol., 1—2 h.) will give relief in violent, drawing,

pressing pains on one side of the head, as if a nail were driven into it; or, as if the brain were shattered, crushed and torn, recurring on the slightest occasion, after close thinking, vexation, taking cold, eating too much, &c., with a distaste for coffee, sensitiveness to the least noise, even music; the pains appear intolerable, making the patient fretful; he is almost beside himself, shrieks and cries, tosses about, feels much agitated, dreads the fresh air, and is chilly. It may be followed by *Nux vomica*, and sometimes *Ignatia* and *Pulsatilla*.

Aconite (in sol., 1—2 h.) often proves efficacious when the pains are most violent; when the patient lies unconscious, with retching, crying and lamenting, and apprehension of death; the least noise or motion is intolerable; the pulse very weak and small, stopping at intervals; particularly when the pain is throbbing, shooting, or like cramp over the nose, aggravated by the reading and speaking of others; also in headache from cold, with catarrh, buzzing in the ears and pains in the abdomen; also with the disagreeable sensation as if a ball were rising up into the head, producing a sensation as of cool air.

Ignatia (in sol., 2—4 h.) will relieve a pressing pain above the nose, which is mitigated by bending forward; pressing outwards from within, shooting and throbbing; tearing in the forehead, as if a nail were driven through the head piercing deep into the brain; with nausea, darkness before the eyes, aversion to light, pale face, plenty of colorless urine; the pains often cease for a time when the position is changed, and frequently return after meals, at night after lying down, in the morning after getting up; the patient being very nervous, fickle-minded, taciturn and dejected.

Aconite may be given for the symptoms mentioned after *Belladonna*, under the head of "Siek headache," and if *Aconite* has not a good effect, give some hours afterwards *Belladonna*, and leave it to act at least from six to twelve hours; if the sensation then continues, as if there were water in the forehead, and does not gradually disperse, *Platinum* may afford relief, particularly when there is a sensation of coldness in the ears, the eyes, on one side of the face, and about the mouth; or if every thing

trembles and flickers before the eyes, and objects appear smaller than usual. You may also give *Mercurius vivus* when *Belladonna* has ceased to operate, or when the pain shoots down into the teeth and neck; acute pains in the ears, only on the left side; or when always very violent at night, with perspiration which affords no relief. After *Mercurius vivus* or *Belladonna*, sometimes *Hepar* is suitable, especially when the pain is as if a nail were driven into the head, with violent, rending pains during the night, as if the forehead would burst, and when painful lumps appear on the head.

Veratrum (in sol., 2—4 h.) is frequently of use in nervous headache; when there is painful sensitiveness of the hair; when accompanied by diarrhoea, and the pains are so severe that the patient almost loses his reason, becomes very weak and faint, is worse on getting up and when lying in bed, with cold perspiration, chills and thirst. For other symptoms see *Veratrum* under headache from constipation.

Pulsatilla (in sol., 2—4 h.) will remove the tearing pains which grow worse in the evening, or are throbbing and tingling, after rising in the morning, and in the evening after lying down; with jerking, shooting, tearings in the temples, particularly when the pain is confined to one side of the head, and is accompanied by frequent giddiness, sickness of the stomach, heaviness of the head, dimness of the eyes, which cannot bear the light; buzzing in the ears, or shooting, jerking, and tearing; pale, distressed countenance, no appetite, no thirst; chilliness and agitation with occasional bleeding at the nose, and palpitation of the heart; when all the symptoms are worse when at rest or sitting, and become better in the fresh air; when the headache is relieved by pressure or a tight bandage. It answers best with mild, phlegmatic persons.

Bryonia (in sol., 2—4 h.) is good for burning and oppressive pains in the head, or when, while stooping, it seems as if something were about to fall out of the forehead; worse when walking: or more external tearing, extending to the face and temples, or pressing, boring, rending in particular spots, especially with

persons suffering from rheumatism, and of petulant, passionate temper. *Rhus tox.* will frequently be found of service after *Bryonia*.

Nux vomica (in sol., 2—4 h.), as mentioned before, is suitable for headache from constipation and coffee drinking; also when the pain resembles the piercing of a nail, or stinging jerks, with nausea and sour vomiting; when there is a shooting and oppressive sensation on one side, beginning early in the morning, and growing worse and worse, until the patient is distracted, and well nigh delirious; when the brain feels as if rent asunder, and the face becomes pale and dejected, the head heavy, with a buzzing noise and giddiness when walking; worse when moving the eyes, in the air, early in the morning, after meals, or when stooping; also, when the head is externally painful, and worse in cold weather.

Chamomilla (in sol., 1—3 h.) relieves pains in the head which are caused by a cold, or by drinking coffee, when there is a rending or drawing pain on one side, extending to the jaw; acute shooting pains in the temples, heaviness over the nose, or very troublesome throbbing; particularly when one cheek is red and the other pale, or the whole face bloated; when the eyes are painful, attended by a sore throat or cold in the chest, or a bitter, offensive taste. It is useful for children, and for persons unable to bear the least pain, and quite unmanageable.

China (in sol., 2—4 h.) is most suitable for sensitive persons, and when the pain is oppressive, and prevents them from sleeping at night, or when there is tearing in the temples, as if the head were bursting; boring in the vortex, whilst the brain feels as if bruised; jerking and rending, and rolling, and bursting; worse when walking, at every motion, and on opening the eyes; relieved by lying down and being quiet; the skin is tender to the touch. For discontented persons, stubborn, disobedient children, who are fond of dainties, and have a pale complexion, red and hot only at times; when they become very talkative, or are restless the whole night. It often suits after *Coffea*.

Antimonium crudum (in sol., 4—6 h.) may be given for nervous headache resulting from a disordered stomach or cold,

or when an eruption has been driven in, and pains ensue; particularly when they are in the bones; for dull boring pains in the temples and forehead, also rending and tearing; the pains are relieved in the open air, aggravated by going up stairs. It answers well after Pulsatilla, when the disorder of the stomach is obstinate, or when the headache causes the hair to fall off.

Colocynthis (in sol., 2—3 h.) is efficacious in the most excruciating headache, furiously tearing or when the pain is on one side, tearing, oppressive, squeezing; pressing in the forehead, aggravated by stooping and lying on the back; in attacks coming every afternoon or towards evening, on the left side, with great restlessness and agitation; particularly when the perspiration smells like urine, with small or offensive discharges of urine; while during the pain, the discharge of urine is considerable and very clear.

Capsicum (in sol., 2—4 h.) against throbbing headache, or that which is distending, bursting, pressing outwards, worse when walking or moving; tingling, tearing when at rest; when moving the head or eyes and stooping aggravate it, also worse in the air and cold; with phlegmatic sluggish persons, who easily take offence, or with children who are very refractory, clumsy and awkward; particularly such as are afraid of the air and of exercise, and are chilly, especially after drinking.

When the above medicines do not afford relief, try the following, which must always be given in water, in the proportion of one or two globules to a wineglass, of this give a teaspoonful every 2 or 3 hours.

Sulphur for throbbing, tearing pains, with heat, principally in the morning and evening; with nausea, worse in the air, better within doors; tearing, with a stunning sensation and pressure; it returns weekly; loss of hair after suppressed cutaneous eruptions, ulcers, or perspiration.

Arsenium for the same kind of pains, if worse within doors and better in the open air.

Silicea also, for beating throbbing pains, with heat and determination of blood to the head; when caused by exertion, speak-

ing or stooping, with nightly pains from the neck to the top of the head ; for tearing pain every forenoon ; when every thing has a tendency towards the forehead and eyes ; when swellings appear on the head, the hair comes out, the skin is very tender, the pain extending to the nose or face, with perspiration of the head.

Sepia for stinging, boring, also throbbing pains, mostly in the region of the temples or just above the eyes, where there is often a sensitiveness to the slightest touch ; the pains so violent as to induce screaming, attended with nausea and vomiting, increased by every motion, alleviated by keeping quiet, in the dark and with the eyes closed, drowsiness producing a disposition to sleep, which if indulged in long enough, causes the pain to cease entirely.

Violent headache, with great weakness, indifference and despondency, often indicates the approach of a serious disease which may be prevented either by *Veratrum* or *Arsenicum* ; or, when they fail, by *Phosphoric acid*.

9. HEADACHE CAUSED BY SUPPRESSION OF RHEUMATISM, GOUT, ERUPTIONS, ETC.

When rheumatism, gout, erysipelas, eruptions or ulcers have been suppressed, a dangerous headache frequently follows, which ought not to be neglected. Give remedies recommended in these complaints ; and examine, at the same time, what has been said in the preceding pages relative to medicine for headache.

If, in consequence of the suppression of the eruption in scarlet fever, erysipelas, measles, &c., pains in the head ensue, which, by degrees, make the patient unconscious, or if these symptoms occur in fever attendant on a cold in the head, or when a cold in the head has been suppressed, or from difficult dentition in children—there is no time to be lost. Take *Cuprum aceticum* 1., dissolve as much of it as will lie on the end of a penknife in a tumbler of water, and of this solution give to adults a dessert-spoonful, to children a small teaspoonful, every quarter or half hour ; if followed by improvement, lengthen the interval. In all such cases, however, endeavour to procure a homœopathic practitioner, if possible.

When the pain is seated deep in the sockets of the eyes, acute shooting pain through the brain, accompanied by weakness of the eyes, it is a symptom of approaching blindness. If neither Belladonna nor Sulphur (in sol., 2—4 h.) give relief, apply without delay to a homœopathic physician.

When a pain always re-appears in the same spot, deep in the brain, and there is on the other side of the body lameness, crawling, jerking, or similar symptoms, it can scarcely be cured—but you may apply to a physician.

When aged persons have continual headache, and at the same time discharge but little urine, which is thick, turbid and offensive, it forbodes nothing good. They must drink freely of water, brush the skin well, and apply to a physician.

For scald head, eruptions in the face, &c., see “Eruptions.”

Losing the Hair.

When the hair comes out, but is immediately replaced by a new growth, no other medicine is required than frequent washing, brushing, and combing; but if it becomes thinner have it cut a little once a month, when the moon is increasing. Washing the head frequently in cold water, particularly in the evening, and afterwards binding a handkerchief round the head, will be of service when the hair is getting thin. If the hair is too dry, oil, grease, ointments and pomatum are injurious; washing once a week with fine soap is much better; if that should not answer, boil wheat bran, strain it, and wash the head once a week with the decoction.

A thin lye made from the ashes of beechwood, is efficacious in some instances where the hair is dry, or where there is dandriff either loose or adhering very closely. It may be used by dipping a fine-tooth comb or a sponge into it, cleansing the head afterwards with cold water. When the hair splits, it may be advisable to use a little grease or oil—bear’s grease is best—and to trim the ends every other day. When single bald spots appear, it may at times be serviceable to shave them and part of

the surrounding hair; if this does not succeed after a fortnight's trial, rub the spot once a week with a sliced onion in the evening, or with the pomatum below mentioned. When persons become bald after severe illness, washing the head morning and evening with pure spring water is very serviceable. If the baldness is hereditary, all attempts at preserving the hair are often useless.

When baldness appears early in life, the following pomatum is very useful; melt the marrow out of beef bones by the fire, put a single drop of tincture of cantharides into a saucer, mix gradually as much marrow with it as will fill the saucer, stirring and beating it up all the time; with this mixture rub the bald spots once every third or fourth evening.

If the hair falls out from debilitating causes, give China, and afterwards Ferrum. Also, for clammy perspiration in the hair, China is sometimes of service. If the hair falls out in consequence of profuse perspiration, Mercurius vivus may be given. After the use of quinine or bark, give Belladonna; after mercury, Hepar or Carbo vegetabilis; after much grief and trouble, Staphisagria or Phosphoric acid.

After inflammatory diseases and nervous fevers, Hepar, Calcareæ, Silicea or Lycopodium; in chronic headache of a hysterical or gouty kind, with an aversion to have the head covered, Hepar; in frequent headache arising from chronic affections of the stomach and bowels, Lycopodium, which is also beneficial when the headache is attended with itching, and where there is much dandriff.

The medicines should be given dry every other night. If after 6 or 8 doses no good effect is observed from one medicine, recourse must be had to some other.

If all these remedies fail to prevent the loss of hair, take one drop of laurel oil, or oil of bitter almonds, and mix it gradually with two tablespoonfuls of beef's marrow, melted over the fire, or still better with oil of sweet almonds. Of this pomatum take very little on your fingers and pass them through the hair. Women are liable to lose their hair either from keeping it untied at night, or from tying it too tightly.

CHAPTER II.

DISEASES OF THE EYES.

General Remarks.

ALL kinds of eye-water, salves, and ointments, injure the eyes; almost all of them contain more or less strong poison, and if they accidentally cure one disease, in most cases a new and worse complaint makes its appearance, sooner or later. Whoever values his eyes ought to shun these poisonous and utterly useless things; simple remedies internally taken, will generally effect a cure—particularly when the eyes have not been injured by quackery.

Pure cold water, as an *external remedy*, is the only wholesome eye-water; it does good in many cases where the eyes are painful, red and burning, when there is cough and catarrh; also in chronic affections of the eyes, with great aversion to light—growing worse on the slightest exposure—particularly to cold winds, or cold wet weather. It may be used by washing the eye frequently, or by applying cloths or pieces of bread which have been wet with it. In all cases where the patient cannot bear cold water, or where it proves useless, and when not merely burning, and a sensation as if there was sand in them, accompanied by intolerance of light, but where there are also violent pains and a discharge of acrid tears, lukewarm water will be preferable, applied either on a linen rag or with bread which has been soaked in it, renewing the application whenever the pain increases. When the eyes are very dry, and the eyelids close spasmodically, fresh olive oil is very useful.

When erysipelas affects the eyes, which is known by the redness which spreads far around them, nothing wet should be applied, but instead, warm bags, filled with bran or cotton wool.

When a salve is insisted upon, take the white of a fresh egg,

beat it with a teaspoonful of the finest loaf sugar and a little camphor to a froth, and put it on the eye. The most rapid cure, however, can be effected by the following remedies, dispensing with the camphor-salve.

Inflammation and Swelling of the Eyelid.

The *eyelids are sometimes red, inflamed and swelled*, when the eye-balls are not affected. For red, hard swelling, with burning heat and dryness, give Aconite (in sol., 4—6 h.)—if it has a good but merely temporary effect, repeat it; if the eyelids are pale, or of a yellowish red, swelled, shining as if transparent, burning, with tension, and copious secretion in the eyes and nose, and perhaps fever, Aconite is also the first medicine; if not completely cured in a couple of days, give Hepar (in sol., 6—12 h.), particularly in case the pressing pain remains, or the lids feel sore.

When the swelling is bad, and Aconite does but little good, or when the lids are much inflamed and continue red and hot, and there is a purulent secretion, Sulphur (in sol., 6—12 h.) is preferable to Hepar, particularly if the eyes are contracted in the morning and the patient cannot endure the light.

If no immediate improvement takes place, repeat the Aconite, which will then have more effect. If Hepar has been given without producing any effect, particularly when the eyelids burn and itch, and are swelled and red—when they stick together and bleed when opened—when the edge is turned inside out, or is heavy and feels as if paralysed, give Belladonna (in sol., 4—6 h.).

When the eyelids are inflamed inside, red and painful, burning violently, and the eyes can scarcely be opened, give Arsenicum (in sol., 4—6 h.), but if they appear as if forcibly contracted, are swelled, difficult to open, and the pain is more acute, with ulcers on the edges, and scabs on the outside, give Mercurius vivus (in sol., 4—6 h.); and should it not produce a favourable change, Hepar.

Rhus toxicodend. (in sol., 4—6 h.) is particularly efficacious in inflammation of the inner surface of the eyelids—which occurs

in infants, and also in older children—when the eyelids are contracted, as if by spasm, and when forced asunder, a thick, red swelling appears, and a secretion of mucus of a yellow color, and resembling pus, is discharged.

For the purulent ophthalmia of new-born infants, *Argentum nitricum* is specific. It should be used both externally and internally. For external use a collyrium should be made with one grain of the pure nitrate, to one ounce of distilled water, and of this a drop or two inserted between the lids once or twice a day.

Euphrasia (in sol., 6—12 h.) is beneficial in the ordinary cases of chronic inflammation of the eyelids, which itch in the day-time and stick together at night, are red and somewhat swelled, the edges ulcerated, wet and purulent, with winking, dread of light, constant catarrh, accompanied sometimes by a severe headache and by heat in the head.

Nux vomica (in sol., 6—12 h.), when the edges of the lids burn and itch, feeling very sore when touched, and adhere towards morning. *Nux vomica* may be used with advantage after *Euphrasia*, and *Pulsatilla* after *Nux vomica*.

Mercurius vivus (in sol., 6—12 h.) should be given when the lids turn outwards, and there is pricking, burning and itching, or when there is no pain. It may be followed, if necessary, by *Hepar* or *Belladonna*.

If these remedies fail, and the lids are quite red, with some mucus in the corners of the eyes, the eyes sensitive to the light, and a pricking pain in them, give *Antimonium crud.* When the lids burn and smart when reading, and Sulphur affords partial relief, let the patient take *Calcarea*; when there is a sense of crawling on the inside of the lid, increased in the evening with running of tears, *China*.

Biting, itching and stiffness in the lids, as if paralysed, give *Rhus*; convulsive contraction and closing, *Hyoscyamus*; the upper lids feeling as heavy as lead, give *Chamomilla*; considerable dryness, running of tears, with difficulty of motion and heat, give *Veratrum*.

Stye on the Eyelid.

A stye on the eyelid may generally be cured by Pulsatilla (in sol., 6—12 h.) and often disappears soon after taking it; sometimes it may be removed by touching it with a cold key. Cold water is injurious; a warm poultice of bread and milk left on during the night is better. If they appear often, or leave hard lumps behind, or do not open but become indurated, particularly when the eyes are apt to close with suppuration, with biting and burning in the corners, where dry pus forms constantly, give Staphisagria (dry); should induration remain, give, after a week or two, Calcarea once, or Sepia (dry).

Inflammation of the Eyes. (Ophthalmitis.)

In *Inflammation of the eyes*, or sore eyes, when not only the lid but the eye itself is affected, or the latter alone.

Aeonite (in sol., 2—4 h.) is generally the best remedy, particularly when the complaint comes on suddenly, and increases rapidly—when the whole eye is red, or full of red veins, runs much, and is very painful.

When the eyes are sore from a cold, with catarrh, headache, cough, sore throat, &c., the following remedies will be useful:

Nux vomica (in sol., 4—6 h.), when the corners of the lids are more red than the eyes, or the latter are bloodshot and smart as if there was salt in them—when they burn with a feeling as if there were sand in them, and there is increased secretion of tears—the patient cannot bear the light, particularly in the morning; these symptoms are usually combined with fever, which is worse in the morning and evening.

Chamomilla (in sol., 4—6 h.), particularly for children, when there is pricking, pressing, burning in the eyes, as if heat were radiating from them; they are swelled and closed in the morning, or very dry, the patient being much irritated by the pain.

Belladonna (in sol., 4—6 h.), when the white of the eye is quite red, or large red veins can be seen; much heat, a discharge of sharp burning tears, or the eyes are quite dry, and

much affected by the light—when the pains are spasmodic or deep-seated, accompanied by a catarrh so severe as to make the nose sore; pimples coming out about the nose and mouth, a short, dry, panting and spasmodic cough, coming on in fits which last for some time.

Belladonna also is useful when the sight has suffered, or flickering, sparkling and dimness remain.

Euphrasia (in sol., 4—6 h.), when there is much aching in the eyes; increased secretion of mucus and acrid tears; when the lids are contracted, and the eye is very red, accompanied with bad headache and catarrh in the evening.

Ignatia (in sol., 6—12 h.), when the pain is very severe, with slight redness, severe pressing, profuse discharge of tears, great dread of the light, catarrh very bad and running.

Rheumatic Ophthalmia.

For *rheumatic* inflammation of the eyes, the eye itself being red, the light insufferable, much discharge of acrid tears, pricking, tearing pains, not only inside, but also around the eyes, always worse in the heat, the following remedies are recommended.

Pulsatilla (in sol., 4—6 h.), after the worst inflammation has been removed by Aconite, but there are still severe pains remaining of a piercing, boring, and cutting character; the light is insupportable, the pains worse in the afternoon and evening; when the complaint has returned several times, making the patient fretful, inclined to weep, and becomes worse from weeping.

Bryonia (in sol., 4—6 h.) may be given after Pulsatilla has removed the pain but not the redness; when there is internal burning or aching as from sand, worse in the evening and at night, when the lids are swollen, and when opened give rise to pain in the head.

Rhus tox. (in sol., 4—6 h.) against the same symptoms as Bryonia when the latter does not effect a cure; also when the eye continues to smart, aches and pricks, and discharges much

water, the eyelids adhering during the night; or when there is swelling resembling erysipelas.

Veratrum (in sol., 6—12 h.) when the pain is tearing, interrupting sleep at night, intolerable headache, much heat in the eyes, and a sensation of dryness.

Euphrasia (in sol., 6—12 h.) is sometimes suitable, especially when small watery blisters appear on the eye, when the light becomes less offensive, but the pain more violent, and the redness so bad that every vein can be seen. Also Nux vomica, Chamomilla and Ignatia are here suitable remedies for their particular symptoms, and still more frequently Mercurius vivus and Sulphur, the indications for the choice of which are more particularly pointed out under "Scrofulous Ophthalmia."

Where the rheumatic ophthalmia attacks the deeper tissues of the eye, as the iris, the disease assumes a more formidable character, but it would not be possible to convey by writing a description of the graver forms of the disease to the non-medical reader, nor to give to him intelligible indications for the remedies required.

Gout affecting the Eyes.

When *gout attacks the eyes*, the remedies that will most generally be found beneficial are: Aconite, Antimonium crudum, Cocculus, Belladonna and Colocynthis.

Aconite (in sol., 2—4 h.) should be given first, especially when there is heat and burning in the eyes with pressive and shooting pains, especially when moving the balls; redness and inflammation with intolerable pains; profuse secretion of tears; sparkling of the eyes; great dread of the light; with weight and fulness in the forehead, and strokes and beatings in the head.

Antimonium crudum, Sulphur or Cocculus (in sol., 6—12 h.) may be given with advantage after Aconite, particularly if there is nausea or sick stomach; redness and inflammation of the eyelids or corners of the eyes, with itching and nocturnal agglutination of the eyelids.

Belladonna (in sol., 4—6 h.) is frequently of service for the symptoms mentioned under "Inflammation of the Eyes," and also when pain is very oppressive all around the eye, above it or alongside of it; if there is a pricking pain above it, as if the eye were about to be torn out, or pressed in; when the pain is intermitting; there is a flashing before the eyes, or the patient sees sparks or black spots with a bright border, or every thing appears to him as in a fog, or through crape; and when these symptoms are accompanied by giddiness and headache, so bad as to deprive him of consciousness.

Colocynthis (in sol., 6—12 h.) is serviceable against inflamed eyes, accompanied with severe cutting pains which penetrate into the head, and press particularly into the forehead, or on one side of the brain; when they are drawing and tearing, or extend into the nose, or even through the whole body, with great agitation and restlessness.

Eyes affected by Scrofula. (Scrofulous Ophthalmia.)

Many complaints of the eye arise from scrofula, which may be distinguished by the symptoms enumerated under the medicines mentioned below; we meet with them in children who suffer from this complaint, or in grown persons who have suffered with scrofula in their childhood. When this disease has once weakened the eyes, they are liable to a relapse from cold and other causes, and dimness of the eye and ulcers on the ball of the eye are much more frequent.

The medicines most generally serviceable in this complaint are: Aconite, Pulsatilla, Belladonna, Mercurius vivus, Hepar, Sulphur, Dulcamara, Calcarea, China, Cina and Arsenicum.

The particular symptoms which should govern in the choice of each, will be found under the different medicines.

Aconite (in sol., 2—3 h.) is often useful at the commencement of an attack, which it sometimes cuts short; it should be given when the symptoms come on suddenly, the eye is very painful, red and intolerant of light.

Pulsatilla (in sol., 6—12 h.) often suits in the beginning,

when the margins of the eyelids become red, burn, and a secretion of pus causes them to adhere ; when there is a profuse secretion of tears, which are so acrid as to make the cheeks sore, and a watery swelling of the lids ; when the eyes cannot bear the light. Examine also what has been said of Pulsatilla under " Inflammation of the Eyes." If it gives relief, but does not effect a complete cure, give Ferrum after it has been taken for a week.

Belladonna (in sol., 6—12 h.), if there is a sensation of severe pressure in the eyes, which is worse when they are turned upward, when many red veins can be seen, and pustules and ulcers appear on the eyeball ; when catarrh and other symptoms already mentioned under Belladonna accompany the disease, and arise from a cold, or from damp and cold weather.

Mercurius vivus (in sol., 6—12 h.), for children who have not yet taken any mercury ; when the pains are cutting, particularly on straining the eyes ; worse in the evening and in a warm bed ; burning in the open air, the eyes full of tears, light insufferable, the sight clouded, or small pustules or ulcers make their appearance on the cornea, and return with every fresh cold ; it will often be of service after belladonna has acted for a week or two.

Hepar may be given after Belladonna or Mercurius vivus, or to children who have taken much calomel, when the eyelids and eyes are red and sore, and being touched, pain as if bruised, close convulsively, can scarcely be moved ; the light is insufferable in the evening ; the eyes appear at times quite dull, at other times bright and clear ; there is a pressure in the eye as if it were coming out ; and also when small pustules or spots appear on the cornea, and red spots externally around the eye. Give of this medicine a dose of the third trituration, about as much as will lie on the point of a penknife, daily for several successive days.

Sulphur should be given instead of Hepar, when Belladonna or Mercurius vivus has been given previously ; but not after Hepar ; in cases where the eyelids are contracted in the morning, and the daylight is particularly odious to the patient, or he is quite blind during the day, and can only see a little during twilight ; when there seems to be a mist before the eyes, the cornea

is dim, appearing as if dusty; or when the eyelids are particularly affected, as noticed before. Also, when the white of the eye appears very red, is bloodshot, and there are little spots on it; when there is increased flow of tears and aversion to light, severe pressure in the eyeball, aggravated in the light of the sun. The third trituration may be taken daily or every other day according to circumstances, and will be found very beneficial.

Duleamara (in sol., 6—12 h.) is of great use when the soreness of the eyes proceeds from cold, particularly when affected by reading, and everything appears covered with a veil; when there is a sensation like flashing of fire from the eyes; at the same time much pain over the eyes. If the patient feels better when quiet, and is disposed to keep so, and worse when moving about, do not give Duleamara, but rather Belladonna; but if worse when at rest, and he likes to walk about, give Duleamara, allowing it time to operate.

Calcaria (in sol., 12—24 h.) is sometimes applicable after Duleamara, or when ulcers and films make their appearance on the eye, accompanied by violent pressure, itching, and pricking; or burning and cutting when reading in the evening; when there is a dimness and haziness before the eyes, particularly after eating, reading, sewing, &c.; also when there is a feeling of inward coldness.

China (in sol., 12—24 h.) should be given when the eyes are much more painful in the evening, feeling as if there were sand in them, or as if something were being forced into them; when the cornea has lost its brilliancy, or when on looking close into the eyes there appears to be a sort of smoke or fog in the interior.

Cina (in sol., 12—24 h.) is useful when there are signs of worms or intestinal irritation; when there is extreme dread of light, great flow of tears, even when there is ulceration of the cornea, and when the patient sees objects coloured green.

Arsenicum (in sol., 6—12 h.) is sometimes of use when the pains are of a burning character, as if produced by red-hot coals, and when spots have already made their appearance on the eye. In affections of this kind the remedies before recommended in

"Inflammation of the Eyes" are suitable, especially Ignatia and Nux vomica; in spots on the eye, Euphrasia is to be preferred above all other remedies.

Sometimes inflammation of the eyes proceeds from the introduction of very minute insects. They may in general be readily removed in the mode described at p. 122. The inflammation caused by them will be allayed by applying pieces of linen moistened with camphor to them, or by the use of the camphor salve before described.

Very bad diseases of the eye are caused by the suppression of cutaneous eruptions, ulcers, or other diseases; in such cases apply to a homœopathic practitioner. If they are consequent upon smallpox, measles, scarlet fever, see what is said under these different heads.

Spots or films on the eyes should never be treated with corrosive remedies, as is but too generally the custom, and by which thousands have lost their sight. Rather give the eye rest, and if you cannot consult a physician, make use of the medicines prescribed above, allowing each to operate from a week to a fortnight; Euphrasia, Pulsatilla, Hepar, Belladonna, Sulphur, Phosphorus, Calcarea, and Silicea are particularly effective.

He who is not patient enough to try these remedies may use genuine pure nut oil, obtained by pressure and moderate heat from walnuts that are not more than a year old; introduce one drop of it into the eye every evening. To white spots which are very thick, and much swollen, apply finely powdered table salt, with a hair pencil. The daily application of finely powdered white sugar will sometimes cause the removal of the film from the eye. For serious opacities of the cornea interfering very much with vision a homœopathic practitioner should be consulted, and sometimes the surgeon's aid will be required.

Weakness of Sight, with remarks on the Use of Spectacles.

Weakness of Sight.—This name is given improperly to all defects of vision. It is correctly used only when the eyes feel weak

after the least exertion, refusing their services altogether, or are painful without any perceptible cause appearing in the eye on examination. Short-sightedness is not weakness, for we often find it in the strongest eyes, and principally in young people whose occupation leads them to look at objects very closely; it is merely an incapacity to distinguish minutely objects at a distance; the more distant the objects are, the more confused they appear, and they can only be distinguished by looking at them for a length of time; anything near appears very distinct, and even the most minute object can be distinguished accurately. Neither is *far-sightedness* a weakness, for it belongs to the strongest eyes, chiefly occurring in aged persons, whose calling has led them to examine things at a great distance; it is an incapacity to distinguish minutely objects which are near; the nearer small objects are, the less easily are they recognised.

When the eyes are really weak, spectacles are always injurious; they are only useful for persons either far-sighted or short-sighted. As much mischief has been done by the misuse of spectacles, we will caution our readers against the chief errors which prevail.

Let no one who is neither short nor far-sighted ever wear spectacles, not even temporarily. If he is either the one or the other, and has weak eyes besides, let him use spectacles as seldom as possible. For weak eyes are always made still weaker by spectacles, of whatever kind they may be; sometimes they injure the eyes irretrievably.

Green spectacles are almost without exception extremely injurious, and physicians are much to blame when they recommend their use indiscriminately. Every one may convince himself of their injurious effects by looking for a short time through a piece of green glass on white paper lying in the sun; on suddenly removing the glass, he will perceive a red spot on the paper.

This proves that the eye is compelled to produce a red colour to counteract the green; to do this excites the eye unnaturally, and the power of vision becomes enfeebled. Innumerable instances of the injury done in this manner are on record. Green glasses are to the eyes what brandy is to the nerves.

In very rare cases only can it be of use to excite the eyes for a few hours by green glasses, as in some cases of blindness it is of use to expose the eyes to the glare of the mid-day sun ; either, when applied improperly, cannot but prove very pernicious.

To protect the eyes against the glare of the light when walking over snow-covered regions, in bright sunshine, or when working near the fire, spectacles made of light wire with large round openings, in which, instead of glass, black crape is fixed tightly, are most useful. The only colour of glass allowable for weak eyes is that commonly known by the name of *London Smoke*. When that cannot be had, a dark neutral tint may be used.

Short-sighted persons should use concave glasses, which will present distant objects to them smaller and better defined.

Those who are far-sighted must use convex glasses, which will make objects which are near appear larger and plainer.

As all kinds of glasses are adapted to a certain distance, they should only be used for such a distance ; remote objects should not be looked at through a glass adapted to near ones, nor glasses used calculated for a great distance, to look at objects which are very near.

Spectacles ought to be selected for the distance for which you most commonly require them. Short-sighted persons should use glasses, which, at the distance for which they are intended, diminish but little, the less the better ; for those which diminish too much injure the sight. Far-sighted persons should select glasses which, when used to read with at a proper distance, do not much enlarge the letters, the less the better ; for when they magnify too much, they are also injurious to the eyes.

It is often necessary to have a different kind of a glass for each eye ; the one adapted to the left may injure the right ; generally the latter is the stronger ; try therefore each eye by itself. This should not be done immediately after meals or after drinking ; nor should several pairs of spectacles of different power be tried in succession, for they contract or dilate the pupil and prevent you from selecting those most suitable. It is better to try one pair every day until you find glasses exactly adapted to your eyes.

The glasses ought not to make the eyes feel sore, it is a proof that they are too strong, that they are altogether bad, or that the eyes are too weak to use spectacles at all. It is rare that spectacles which are too weak produce pain in the eyes. Either change the glasses until you suit yourself, or wear none at all.

When they cause any uncomfortable feeling, pressure in the eyes, or even in the head; when they make you feel sleepy, produce heat and redness in the eyes; when you are often obliged to allow the eyes to rest, or when after the removal of the spectacles, some time elapses before you can see properly again; or when the objects appear larger or smaller through the glasses than they used to do, it is high time to have your glasses changed, if you do not wish to injure your eyes. By a proper change of glasses the sight may be much improved.

When a short-sighted person sees objects through the glass smaller than he used to do before, he ought to have weaker or less concave ones; if he sees them larger and less plain, he ought to have somewhat stronger or more concave glasses. When to a far-sighted person objects appear smaller and less distinct, he ought to have glasses of greater convexity; if they appear larger, glasses of less convexity.

The spectacles used ought to be as light as possible, and have slides to keep them firm without pressing; the larger the glasses are the better; they should be perfectly clear and transparent, without a red or green shade, without flaws, notches, streaks or cracks; they should be well and uniformly ground. Glasses divided into two or more are injurious.

The glasses should always be kept clear and bright, should never be touched with the bare finger, and be frequently wiped with soft buckskin. When taken off, they should be put on the sides, not on the glasses, and when they get scratched, they should be replaced by new ones. A skilful optician will be able to select suitable glasses when he is furnished with the exact distance at which the person can read large letter-press, which ought always to be determined. If they get broken, pieces of the broken glass may also be used, to select others exactly of the power wanted, or a higher or lower number.

Weakness and other Defects of Vision.

These may frequently be improved by washing the entire head every day in cold water. Bathing the eyes with a mixture, composed of a teaspoonful of old cognac brandy and a tumblerful of water may sometimes prove serviceable, but not always.

Ruta is of service in weakness caused by excessive reading, sewing, &c., when everything before the eyes appears dusky and foggy, when nothing at a distance can be distinguished, and occasionally spasms of the eyelids occur. It may be taken—in the third dilution—a drop in water once a day, or every second or third day.

Agaricus muscarius (dry n.) if there be weakness or cloudiness of vision, with brown spots before the eyes; winking of the eyelids and spasms in the eyes.

Short-Sightedness.

Short-sightedness which is not of long standing, particularly if occasioned by inflammation of the eyes, may be cured by Pulsatilla; if the result of taking large quantities of calomel, by Carbo vegetabilis; if occurring after nervous fever, or from other debilitating causes, by Phosphoric acid (all dry, n.).

Far-Sightedness.

Far-sightedness, produced by excessive indulgence in ardent spirits, will be removed by Nux vomica; if accompanied by dimness of sight when reading, or running together of the letters, and dazzling of the eyes in the light, by Conium or Drosera. Or, if these are not sufficient, by Sulphur; followed, if necessary, by Silicea for lean persons, or Calcareia for corpulent persons (all dry, n.). But in all such cases it is better to consult a physician.

Attacks of Blindness.

Aconite will benefit sudden, temporary attacks of blindness; Mercurius vivus, attacks which return frequently, but if the patient has taken much calomel, Silicea should be given instead.

Belladonna is efficacious in night-blindness, when the patient can see nothing after twilight, particularly if something red or if sparks appear before the eyes, or a variegated circle around the candle.

Veratrum and Hyoscyamus, when black spots or sparkling appears before the eyes.

Sulphur, followed by Silicea, is serviceable in attacks of day-blindness, where the patient can only see in the evening. (The remedies should be given dry, n.).

Dread of the Light. (Photophobia.)

The shrinking from the light, where the patient can bear nothing bright, is usually connected with other complaints, for which the appropriate remedy must be selected. Where this is not the case give Aconite (dry) for two successive mornings, and wait a few days, at night give Nux vomica (dry); if no better after three days, give Belladonna (dry); after eight days Mercurius vivus (dry); and after eight days again, Hepar (dry). When the patient has so great a desire for light that he cannot have it intense enough, give first Aconite (dry), afterwards, if necessary, Belladonna and Sulphur (dry).

Euphrasia (dry) may be given against shrinking from the light with headache, and when the light of a candle appears dark and unsteady.

Pulsatilla (dry), when a fiery halo or circle appears around the light, or the sight is dim, as if something needed to be wiped away, when everything appears double, or is totally obscured.

Belladonna (dry), when a variegated halo surrounds the light of the candle, when the patient sees red spots or a mist; where the objects appear double and there is incipient blindness.

Cina (dry), when the patient sees green colours, when there is a great flow of tears, and especially when the photophobia is connected with the presence of worms.

Veratrum (dry), for black spots and sparkling before the eyes, and double vision.

Staphisagria (dry), for dimness of sight, with black flashes and

flickering during the day, in the night fiery, meteor-like appearances, or a halo around the light.

Squinting of Children.

Squinting of children, where the head is much heated, is often cured by Belladonna (in sol., 6—12 h.); when occasioned by worms, by Hyoscyamus (in sol., 6—12 h.); if it has continued a considerable time, and we have reason to believe it depends on irritation of the intestinal canal, from worms or other causes, we should give Spigelia, Cina or Sulphur (all dry, n.) for a week or two; if it arises, as is very common from the light always being kept on the same side of the bed of the child, place it for some time on the other side, and turn the child in the bed, so as to accustom the eye to the other side; afterwards place the child in such a manner as to have the light in front, which is the proper position. If this cannot be done, put a dark screen before the light. With older children this is seldom of much use.

In these cases you may tie up the sound eye first every day for several hours, afterwards for several days at a time, so that they cannot see with it at all, and may thus learn to accustom themselves to use the squinting eye properly.

If, in squinting, they turn both eyes outwards, put a bit of black court plaster on the tip of the nose; if inwards, put a screen of shining silk on each side of the head, like blinkers. If all this proves unavailing, consult a physician.

CHAPTER III.

AFFECTIONS OF THE EARS.

Eruptions.

Eruptions behind or in the ears. See "Eruptions."

Mumps (Parotitis).

The *Mumps*, a swelling of the great salivary glands lying under and in front of the ear, frequently occur with children, but are not dangerous, unless they strike in. Sometimes the

swelling extends over the whole neck, so that the patient can neither chew nor swallow, and increases for three or four days. Sometimes on the fifth or seventh day the swelling on the neck disappears, and shews itself on the breast or testicles, which become red and painful, and pain in the bowels or other symptoms make their appearance. This is the most critical time.

Treatment.—The patient should be kept warm, not too much so, however, and care taken to prevent his taking cold by exposure in any way. All stimulating food and drinks should be avoided, and no external application made use of, with the exceptions of tying a cotton or linen handkerchief about the neck.

Mercurius vivus (in sol., 4—6 h.) is the principal remedy in this affection, two or three doses of which will in most cases effect a cure.

Belladonna (in sol., 4—6 h.) will however be indicated if the disease assumes an inflammatory character, or the swelling is very red, resembling erysipelas, or when it strikes in and affects the brain, which may be known by the sudden disappearance of the swelling, followed by unconsciousness and delirium of the patient.

Bryonia (in sol., 4—6 h.) is sometimes useful when the swelling suddenly disappears and alarming head symptoms occur.

Carbo vegetabilis (in sol., 6—12 h.) when the patient has a slow fever, the swelling becoming harder and will not disperse; or when striking in, it falls upon the stomach, and also when *Mercurius vivus* given in the commencement of the disease has failed in giving relief, or instead of that remedy, if the patient has previously taken much calomel. Should *carbo vegetabilis* be insufficient, it may be followed by *Cocculus* (in sol., 6—12 h.), which is especially useful for the sickness attendant on, or following mumps.

Hyoscyamus (in sol., 6—12 h.) may be given for the symptoms indicated under *Belladonna*, if the latter fails to produce a favourable change in thirty-six hours.

When attended by pain in the throat, see under this complaint; when by much hoarseness, *Carbo vegetabilis* almost always proves efficacious.

If the complaint occurs in combination with other affections of the ear or teeth, in scald head, scarlet fever, measles, small-pox, malignant fevers, or after excessive use of mercury, see the remedies for these diseases.

Inflammation in the Ear (Otitis).

In inflammation of the ear there is generally redness, heat, pain and swelling. The passage or tube is sometimes nearly closed, and the pain so severe, that the patient can scarcely bear the ear to be touched.

Treatment.—Pulsatilla (in sol., 3—4 h.) is almost specific in this complaint. Advantage will also be derived from covering the ear with cotton, to protect it from the air and noise, if the pain is worse inside than near the surface; sometimes accompanied by so violent a tearing, boring, throbbing, pricking and burning, that the patient becomes delirious, Pulsatilla will be the appropriate remedy.

Belladonna (in sol., 3—6 h.) will be required if the pain penetrates into the brain, with great agitation, vomiting, coldness of the extremities and other dangerous symptoms.

Earache (Otalgia).

In this painful affection the following remedies will generally be found most useful; Chamomilla; Mercurius vivus; Pulsatilla; Nux vomica; Arnica montana; China; Belladonna; Hepar; Calcarea; Sulphur; Platinum; Dulcamara; and sometimes Phosphoric acid and Antimonium crudum.

As regards the particular symptoms:

Chamomilla will be most efficacious in single, acute, shooting pains, as if from a knife, in the ears, caused by taking cold and suppressed perspiration; the ear being dry and without wax; with tearing pains in the ears, extending to the lobes; the patient very cross and easily offended; the pains insufferable.

Mercurius vivus, if the patient perspires without being relieved; when there is a tearing pain extending to the cheeks, pricking deeply, at the same time tearing, pressing, burning pain; or

when it burns externally, or feels cold inwardly, with violent twitches and jerks; particularly when the ear is moist.

Pulsatilla, if during the course of a rheumatic attack, the pain falls upon the ear and is attended by jerking, tearing pains, as if something were about to be pressed out; or when the ear is externally red, hot and swelled, the pain passing through the whole side of the face, particularly in persons inclined to chilliness, and easily moved to tears.

Nux vomica, for very violent otalgia occurring in passionate, irascible persons.

Arnica, to very sensitive persons, who have a return of the pain on the slightest exposure, with oppression and stitches in and behind the ears, also tearing, heat, and irritability at any loud noise.

China, if the pain is more in the external ear, with redness, pricking and tingling inside.

Belladonna, against otalgia with stitches in and behind the ears; boring, screwing pain, with tearing and pricking down to the throat, with ringing, buzzing and rushing, particularly when the head and eyes are affected; the pains during the paroxysms being worse when the parts are touched, or on moving about.

Hepar, against the same symptoms as *Belladonna*, when the latter is insufficient, and also against shooting pain on blowing the nose, with throbbing and buzzing.

Calcarea, if the pains are chiefly confined to one side; deep in the ear, and so violent as almost to drive the sufferer to distraction; especially if mostly on the right side, or worse after midnight, towards morning or in the forenoon.

Sulphur, if the pain returns frequently; is on the left side, or aggravated in the evening or before midnight.

Platinum, if the pains are very severe, like cramps, with a jerking, rumbling and rolling sensation in the ears; the ears feel cold, and as if deafness were about to ensue, with crawling sensation, extending to the face.

Dulcamara, against pains which are worse when the patient

is at rest; particularly during the night, and are attended by nausea.

Other remedies, such as Phosphoric acid, Antimonium crudum, &c., may be required in some cases.

The above medicines should be given in solution every three or four hours until relief is obtained.

Make no external application: even oil may become injurious; hot vapors may burn the ear, and a part that is once injured cannot be restored. A sponge dipped in warm water and tied upon the ear, is the only application which will sometimes mitigate the pain, without doing any harm.

If the medicines are to take effect, no cotton must be crammed into the ear. This should only be resorted to in case of need, as prescribed under "Running of the ears."

Running of the Ears (Otorrhœa).

Running of the ears is a complaint which must be borne patiently, because the most insignificant running may, when suppressed, produce serious consequences. A continued running of the ear is hard to cure. The use of the syringe should be avoided. Oil, even, may be injurious, because some of it always remains in the ear, and becomes rancid. Articles which become hard are still worse. Lukewarm water is the only fluid not injurious; use as much of this as is required for cleanliness. It is also well to put a little fine wool into the ear, in winter, to keep out the cold, and in summer to keep out the flies, which sometimes deposit their eggs in them in hot climates. When the patient feels the crawling of maggots, drop sweet oil into the ear until it is full, and proceed to remove them as directed page 126.

But important as it is to have something in the ears, particularly in summer and whilst asleep, when the discharge smells offensively, great caution is to be recommended in its application.

When the running of the ear remains after inflammation, or when accompanied by pain, particularly by pain pressing outwardly; or the ear is hot and red, or covered with a scabby,

itchy eruption; or when the disease succeeds to measles, give Pulsatilla (dry, m.); if that does not relieve, give Sulphur (dry, n.).

For otorrhœa following scarlet fever, give Belladonna (dry); and after a few days, if necessary, Mercurius vivus (dry), and then Belladonna again; if this is not sufficient, Hepar (dry).

In running from the ears occurring after smallpox, which is sometimes bloody, and combined with pricking pain; if outwardly ulcerated, and the discharge is offensive, give Mercurius vivus (dry, n.). But if the patient has taken much calomel, give Hepar (dry, n.); if he has taken too much sulphur, give Pulsatilla (dry), and, a few days after, Mercurius vivus (dry).

Should it, notwithstanding, become very tedious; take as much potash as will lie on the end of a knife, dissolve it in a pint of rainwater, shake it well, then pour a teaspoonful into the ear every day, until it begins to improve.

If the discharge be purulent and tedious, give Mercurius vivus (dry), and eight days later, Sulphur (dry); and this last, repeat once every week. Should it not improve under this treatment, give Calcaria (dry). If there be a severe headache combined with it, give Mercurius vivus or Sulphur; if this gives no relief, Belladonna, and afterwards Lachesis (dry). Should no benefit notwithstanding all this accrue, give, two mornings successively, Silicea (dry), and repeat it after one or two weeks, if necessary. A tedious discharge is sometimes relieved by Causticum (dry), particularly when the patient is frequently attacked with rheumatism. But if all these remedies fail, try injections of a weak solution of borax.

Should the discharge, whether of long or short standing, be checked suddenly, it is always dangerous. Examine the ear carefully with the ear-speculum or with a hair-pin, and if a crust or other obstruction has been formed, it may be softened by gently introducing into the ear the vapour of warm water.

If there be no obstruction, and yet the passage is dry and painful, relief will be obtained by applying pieces of warm bread fresh from the oven to the ear; changing them as often as they

get cold; or the ear may be held over a small loaf of warm rye or bran bread, first making a hole through the crust.

When the glands of the neck become hard and swollen after the suppression of the discharge, give *Pulsatilla* (in sol., 12—24 h.); later, *Mercurius vivus* or *Belladonna* (dry).

If severe headache and fever occur, give *Belladonna* (dry) first; if no relief is obtained, then give *Bryonia* (dry). If it is produced by a violent cold, or wet feet, and the patient is better for exercise, give *Dulcamara* (dry); but if better by keeping quiet, give *Belladonna* (dry). If worse when warm in bed, *Mercurius vivus* (dry).

If, after a suppressed discharge, a swelling like mumps takes place, give the remedies prescribed for mumps. But if the swelling be in the genitals, give *Nux vomica* (dry) in the evening; and if that does not relieve, *Pulsatilla* (dry) in the morning.

Sometimes a violent headache arises, which becomes dull, with a pressure, as if the skull were too small; the eyes become red; the pain is worse when moving, and followed by fever; sometimes spasms in the face occur, swelling of the head, loss of memory, &c.; followed by a roaring and rustling in the ears, deafness, and a sudden discharge of matter. These symptoms are indicative of abscess of the external passage of the ear. Let the ear be cleansed with lukewarm water, and the patient lie on the side affected, having a small cushion or folded napkin placed about the ear. If the malady is perceived before the purulent discharge, give *Hepar* (in sol., 4—6 h.); if not better in a few days, *Mercurius vivus* (in sol., 4—6 h.). If this produces no marked result after 3 doses, give *Lachesis* (in sol., 4—6 h.); after this again *Hepar*.

The same treatment is to be observed when the running ceases suddenly. As soon as there is an escape of matter, the patient is safe, and nothing more is necessary to be done; if this does not take place, the patient may die. The most skilful physician cannot always cure this evil.

Buzzing in the Ears.

This complaint is generally connected with running of the ears and difficulty of hearing; or with earache. Sometimes with "headache," and "determination of blood to the head." In such cases the appropriate medicines for these diseases should be given.

If, however, it is unconnected with other symptoms, and arises from cold, is worse in the morning, *Nux vomica* (dry) is the proper remedy.

Pulsatilla (dry), if worse in the evening.

Dulcamara (dry), if worse in the night; to persons who perspire much, *Mercurius vivus* (dry); to those who cannot perspire, *Chamomilla* (dry); to very sensitive persons who have taken much mercury, or suffer much from fever, or liver complaints, when the buzzing is more hissing, like a ringing or singing, give *China* (dry); but if louder, more like the noise of a humming-top, or when *China* does no good, *Carbo vegetabilis* (dry). In old persons, especially if it is on one side, with great determination of blood to the head, which seems to cause the buzzing, *Arnica* 3, or 6, (in sol.) is beneficial, and must be repeated whenever it becomes worse. If it has been of long continuance, apply to a physician.

Sometimes, when the least noise cannot be borne, Sulphur (dry), given once, and afterwards *Aconite* (in sol., 3—6 h.), several times, will do good. If this fails, give *Carbo vegetabilis* (dry) once, and *Coffea* (in sol., 3—6 h.) several times afterwards.

If attended with great sensitiveness when exposed to the wind, or with echoing of every step and word, with persons who suffer frequently from tearing pains in the limbs, give *Causticum* two successive mornings.

Hardness of Hearing.

This complaint is generally connected with other diseases, and will only cease when they are removed. When it is of long

standing, it cannot easily be cured; but that which is of a recent date is very easily removed.

In children, and not unfrequently in grown persons, it is caused by some obstruction in the ear. The ear should be examined carefully as directed page 127, by placing the patient in such a position, that the light may fall into the ear; if an ear-speculum is at hand it will enable us to see down to the bottom of the ear-passage. In case there is an accumulation of hard black wax in the ear, which can easily be detected, this must be removed by the syringe. Warm water alone should be used for injecting. It is dangerous to introduce hair-pins or ear-picks into the ear, as these can never extract the hardened wax, and they often push it still further into the passage, even as far as the membrana tympani, causing exquisite pain, and inflammation if it be not immediately removed. Caution is required in the use of the syringe, not to introduce the nozzle too far, nor to inject too violently. While using it the outer ear should be drawn upwards and backwards in order to straighten the canal.

If too great a dryness or want of wax is the cause of the deafness, sometimes *Carbo vegetabilis* proves useful. The passage may be moistened by means of glycerine, which should be introduced into the ear at night on a little cotton wool.

Hardness of hearing, attended with singing, tingling and twittering, is sometimes speedily cured by *Veratrum*.

If connected with otorrhœa, give the medicines prescribed for this complaint, especially *Pulsatilla*, *Mercurius vivus*, *Sulphur*, *Calcareæ*, *Causticum*.

If it is in consequence of measles, *Pulsatilla* or *Carbo vegetabilis*; after scarlet fever, *Belladonna* or *Hepar*; after small-pox, *Mercurius vivus* or *Sulphur*.

If connected with cold in the head, and its general attendant, a sore throat, which is relieved by swallowing, gargling with warm water is advisable; if this does not cure it, give *Chamomilla*, or *Arsenicum*, or *Lachesis*.

If it arises from rheumatism, which has been suppressed by a

cold, and has fallen upon the ear, give the medicines proper for the rheumatic pains, and afterwards Duleamara or Sulphur.

If caused by suppressed eruption of the skin, or ulcers healed by salves, &c., give the remedies for these, particularly Sulphur or Antimonium erudum.

If the patient has been affected with piles, sometimes Nuxvomica gives relief; if with nervous fever, Arnica or Phosphoric acid.

If the tonsils are swelled, and cause hardness of hearing, Mercurius vivus and Staphisagria frequently prove useful.

In tedious complaints of this nature, dieting and drinking plenty of cold water is of great importance. If not removed by the means recommended above, consult a homœopathic physician.

Besides the above-mentioned remedies, you may, after comparing the remaining symptoms, take your choice among the following: Veratrum, Staphisagria, Arsenicum, Hyoseyamus, and in very critical cases, Silicea or Calcarea. (The remedy indicated may be given dry every 2nd or 3rd night.)

Beware of all remedies which, in their application, must be introduced into the ear. It is a great mistake to think that the ear can bear more than the eye. It is more easily affected, only that the effects are not so soon apparent. Affections of the ear are generally very tedious and difficult to cure, and sometimes quite incurable: whereas the eye can endure more, and recovers more speedily.

CHAPTER IV.

AFFECTIONS OF THE NOSE.

Pains and Eruptions.

For pains in the face, nose and cheeks, see "Toothache." For eruptions and pimples on and about the nose, see "Eruptions."

Swelling of the Nose.

In this affection the remedies that will most generally be found useful are:

Arnica, Belladonna, Hepar, Mercurius vivus, Bryonia, Sulphur, Phosphoric acid, Causticum, Rhus, and Arsenicum.

With regard to the cause and detail of symptoms which govern the selection of each :

Arnica will be indicated, when the nose is swelled in consequence of having received a blow, or when the swelling occurs without any apparent cause, accompanied by itching and pain in the superior part of the bone, as if after a blow.

Belladonna, when the swelling is attended by catarrh, when the orifice of the nostril is swollen and sore, with redness, heat and pains, sometimes extending inwards, with burning, pricking, and dryness ; the smell sometimes very sensitive, sometimes too weak ; and, where it does not suffice, Hepar after it.

Mercurius vivus, in watery running from the nose, making it sore, and when the nose is red, having a shining, swollen appearance, with itching, pains in the bone upon pressure. In these symptoms it is better to begin with this remedy, and to give Hepar afterwards, or perhaps Belladonna.

Hepar, in swellings occurring in persons who have taken much calomel ; and afterwards Mercurius vivus.

Bryonia, is sometimes of service in tedious, painful swelling.

Sulphur, in swelling, with black specks on the nose.

Phosphoric acid, in chronic swellings, and also against red specks on the nose.

Causticum, against warts on the nose.

Rhus tox., when the point of the nose is red.

Arsenicum, when it presents a coppery redness, accompanied with a craving for spirituous liquors.

(These medicines may be given once dry, or if it is necessary to repeat them in sol., 12—24 h.)

Bleeding of the Nose (Epistaxis).

Bleeding of the nose occurs in the course of many diseases, and frequently benefits the patient considerably. It ought not to be interrupted, unless it be too violent or last too long. Cold water, vinegar, sponges, corks, brandy, tinder, creosote, &c.,

applied inconsiderately, may have a very injurious effect. Filling up the nose is always useless ; it is better merely to compress it, and to see whether the blood stops, or whether it flows into the throat.

The bleeding may be stopped by extending the arm which is on the same side with the bleeding nostril, upwards perpendicularly over the head, though when the arm is taken down again the bleeding is liable to return.

Arnica (in sol., $\frac{1}{2}$ h.) is the best remedy for bleeding of the nose occasioned by a blow, fall, or any external injury, and also when it is preceded by itching of the nose and forehead ; when the nose feels hot, and the blood is of a bright red colour. It is especially suitable for men.

Pulsatilla (in sol., 6—12 h.), for women, especially those of a mild, quiet disposition, or with such as have too weak a flow at menstrual periods, and also for that which takes place during a catarrh, with alternate running and stoppage of the nostrils, and when the bleeding recurs in the afternoon, evening, or before midnight.

Aconite (in sol., $\frac{1}{2}$ —1 h.), against violent epistaxis, brought on in consequence of being over-heated, or that caused by determination of blood to the head, or by drinking wine ; it is particularly applicable to persons of a plethoric habit, with fever, flushed face, and strong pulsation of the temporal and carotid arteries.

Bryonia (in sol., 2—6 h.), against prolonged hemorrhage, especially in warm weather from over-heating or drinking wine ; also when the bleeding occurs chiefly at night, causing the patient to wake out of sleep, or in the morning ; the disposition irritable or obstinate.

Belladonna (in sol.) is frequently of service after or in alternation with one of the above remedies ; when the hemorrhage takes place at night, or returns in the morning, or arises from over-heating, or drinking wine.

Rhus tox. (in sol., 6—12.), if the nasal hemorrhage was brought on by great exertion, overlifting, straining, &c., and is worse every time the patient stoops.

Crocus (in sol., $\frac{1}{4}$ —1 h.), for bleeding from the nose, when the blood is very dark, almost black, of a thick viscid character, and when the hemorrhage is accompanied by cold sweat on the forehead, the disposition being at the same time very variable, laughing alternating with sadness.

Nux vomica (in sol. 6—12 h.), bleeding at the nose which returns in the morning, also that from over-heating, drinking wine, &c., or in habitual drunkards. Lachesis may also be required in the latter case.

Mercurius vivus (in sol., 6—12 h.), when bleeding takes place at night *during sleep* and coagulates immediately in the nostrils in cone-shaped clots.

Cina (in sol., 6—12 h.), in children who are subject to worms, or when the bleeding is brought on by picking and rooting at the nose.

China (in sol., 6—12 h.), in enervated and debilitated subjects who have frequent and long continued attacks of hemorrhage, with great paleness of the face, coldness of the extremities, convulsions, &c.

Sulphur, Sepia and Carbo vegetabilis will frequently be found beneficial in persons who are subject to repeated attacks of nasal hemorrhage. They may be taken (dry) once or twice a week.

If the above remedies fail in stopping the hemorrhage after a sufficient time has been allowed them to act, benefit may be derived, especially in bleeding consequent upon over-heating or drinking wine, from immersing the hands in warm water, and afterwards keeping quiet. A large key or other instrument of iron applied cold to the spine will often stop hemorrhage from the nose.

Although plugging the nostrils is in most cases unnecessary, yet when the hemorrhage becomes alarming in consequence of great loss of blood—the remedies given having failed to check it; or where the blood passes back into the throat, or where there is danger of suffocation, it may be resorted to.

The posterior outlet may be plugged by passing threads up through the nostrils and bringing them out at the mouth, fastening a small piece of lint or sponge to them and drawing them back again. The anterior outlet is easily plugged by pushing pieces of lint or sponge into it with a probe or small stick.

Polypus of the Nose.

A pear-shaped tumor which springs from the lining membrane of the nose, is called a polypus. It is usually narrow at its root and expanded below, hence its name. One or both nostrils may be the seat of this disease.

In consistence it is in some instances firm, fleshy, and very solid, in others extremely soft and tender. The most common form bears in consistence, shape, color, and size, a resemblance to the common oyster. When both nostrils are filled with the disease, the patient breathes with difficulty, and with a peculiar rattling noise.

Treatment.—In the treatment of polypus the remedies that have been used with most success are: Calcareæ, Phosphorus, Staphisagria, Teucrium, Sepia, Silicæ, and perhaps Sanguinaria.

Ozæna:

A troublesome ulceration of the lining membrane of the nostrils, attended with fetid discharge and sometimes followed by destruction of the cartilages, and by caries of the bones of the nose, is termed ozæna. Its origin is probably in most instances connected with syphilis. In other instances however there are marks of a purely scrofulous taint.

One of the most troublesome attendants of the disease is the accumulation of thick mucus or incrustations which sometimes block up entirely the passages of the nose.

This disease, if not checked, not only attacks the cartilages and bones of the nose, but extends to the cheek. If the patient should recover after such ravages, he will be frightfully disfigured.

Treatment.—The remedies which have been chiefly employed in the treatment of this disease are: in the commencement Teucrium, Sulphur, Pulsatilla, Belladonna, Lachesis, Lycopodium, and Causticum: followed, if required, in Syphilitic Ozæna by Mercurius vivus, Hepar, Aurum, Acidum nitricum, Lycopodium, Lachesis and Conium: and in Scrofulous Ozæna by Phosphorus, Silicea, Acidum nitricum and Conium. (They may be given dry, every day or every other day.)

Arsenicum and Lycopodium have been recommended as almost specific in ozæna: the former when the pains are very severe and of a burning and throbbing character; the latter, when the discharge is thick and yellowish.

Catarrh or Cold in the Head.

This affection consists of a mild degree of inflammation of the membrane lining the nostrils, larynx, and sometimes that of the bronchia.

It is usually characterised by slight fever, sneezing, lassitude, pains in the head, back and limbs, obstruction of the nose, soon followed by discharge of mucus, at first watery, with slight wheezing and difficulty of breathing, and subsequently by hoarseness and cough, preceded generally by chilliness.

Mercurius vivus, is the principal remedy in epidemic catarrh, when many persons are affected with it at one time; especially if there is constant sneezing; soreness of the nose with constant watery discharge; offensive smell; profuse perspiration at night; the catarrh worse in the morning and also when accompanied by fever; the patient does not like to be alone, and has much thirst, feels the heat uncomfortable, yet cannot bear the cold. If, after twelve hours the symptoms are milder, give nothing more; if they have been better and become worse again, give Hepar. It is especially serviceable for children, and catarrhs caused by suppressed perspiration with fever and pains in different parts of the limbs.

Hepar may be given instead of Mercurius vivus to persons who have previously taken much calomel; and also when the

catarrh is renewed by every breath of wind, or when the catarrh affects only one nostril, and the headache is increased by every movement. If, after waiting twelve hours, Hepar does not prove effective, give Belladonna.

Lachesis will be useful in catarrhs of the severest kinds, with profuse watery running from the nose, accompanied with great soreness and swelling.

Arsenicum, when there is not much fever, heat or thirst; the patient is restless, particularly at night; drinks often, though but a little at a time: is very weak and easily agitated; the discharge aerid and corrosive; excessive soreness of the nostrils and violent burning of the nose, both internally and externally. Exercise and warmth are agreeable, and exposure does not aggravate the disease.

Nux vomica, for the same symptoms as Arsenicum, when the latter causes no improvement in twelve hours, or when the catarrh is fluid during the day, and dry at night; the mouth dry and parched without much thirst; tightness of the chest and constipation. This remedy is also particularly useful in alternate fever and chilliness, especially in the evening, and also when there is great heat of the head and face.

Ipecacuanha, when Arsenicum or Nux vomica appear to be indicated, but are insufficient.

Duleamara, when the patient feels better when in motion and worse when at rest, and the slightest exposure renews the obstruction.

Pulsatilla, when there is not so much soreness of the nose, but the patient is at once deprived of appetite and smell; the mucus discharged is thick and yellowish, or sometimes green and offensive.

Euphrasia is serviceable in catarrhs accompanied by a discharge of white mucus from the nose, and soreness and watery running of the eyes.

Chamomilla frequently cures catarrh with ulcerated nose, chapped lips, one cheek being pale and the other red, with chills and thirst. All the above remedies for cold may be given, in

sol., every 3, 6, or 12 hours, according to the severity of the symptoms.

If a patient is subject to very frequent recurrence of catarrhs which are very difficult of cure, it will often be found that he eats too much salt. In this case he should leave off the use of that condiment, and take a few drops of sweet spirits of nitre.

When the *catarrh has been suppressed*, and headache is the result, give Aconite, and if the catarrh does not return soon, give Pulsatilla or China. When there is difficulty of breathing, give Ipecacuanha (in sol.) a couple of times, and if the patient does not improve, Bryonia; let the patient drink hot water, with milk and sugar, and let the vapor of hot water pass up the nostrils. If none of these medicines afford relief, give Sulphur (dry).

If the catarrh is connected with other complaints, particularly with those mentioned in the subsequent chapters—such as affections of the breast or lungs, hoarseness or cough, look under these respective heads for the necessary remedies.

CHAPTER V.

AFFECTIONS OF THE CHEST.

Hoarseness.

AMONG the common domestic remedies for hoarseness, there are many which are decidedly injurious; and others which, if they do good, always leave after them a disposition to a relapse. Hoarseness when it returns frequently is always a serious complaint. It may sometimes be relieved by mixing rock-candy with the yolk of a fresh raw egg and taking this two or three times at night; a perfect cure, however, can best be effected by the following remedies.

Chamomilla (in sol., 6—12 h.), especially in children, if there be hoarseness with catarrh, tough mucus in the throat, with

dryness, burning and thirst; the temper cross, vexed or morose and taciturn.

Nux vomica (in sol., 6—12 h.), in persons of sulky, quarrelsome, obstinate and headstrong disposition, against a rough, deep, dry cough, arising from dryness in the throat, with tightness of chest and sore throat, the mucus not loose, attended by alternate chills and heat.

Pulsatilla (in sol., 6—12 h.), for hoarseness accompanied with stinging and soreness in the throat and the palate; pain when swallowing, catarrh, with much yellow, green and offensive discharge, a loose cough and pain in the chest with chills; without thirst; and with a capricious appetite. It is particularly applicable when the patient has been several days unable to raise his voice; if *Pulsatilla* does not suffice, give *Sulphur*.

Mercurius vivus (in sol., 6—12 h.) is the principal remedy when the voice is hoarse and rough, with burning and tickling in the larynx—a disposition to perspire, which does not, however relieve the patient, and when every breath of air aggravates the case.

Capsicum (in sol., 6—12 h.), in hoarseness accompanied with itching and obstruction of the nose, or with cough producing pain in different places.

Rhus tox. (in sol., 6—12 h.), if there be hoarseness with roughness of the throat; sneezing and discharge of mucus from the nose, and difficulty of breathing.

Sambucus (in sol., 3—6 h.), against hoarseness with deep, hollow, dry cough, which occasions catching of the breath, or with yawning, uneasiness and thirst.

Carbo vegetabilis (in sol. m. and n.), against protracted hoarseness, worse morning and evening, and after talking; it is also efficacious in hoarseness and cough following measles.

Silicea (dry, n.), against hoarseness accompanied by tedious catarrh.

Droscra (in sol., 6—12 h.), in hoarseness with hollow and deep seated cough.

Causticum (in sol., 12 h.), in obstinate cases of hoarseness,

sometimes combined with catarrh; soreness of the chest, and occasionally of the throat.

There is a chronic form of hoarseness to which public speakers, especially clergymen, are very liable (hence it has been named "Dysphonia clericorum,") which is often a very obstinate and intractable disease. The best remedies for it are, Causticum, Calcareæ, Argentum nitricum, Carbo vegetabilis, Hepar, Lachesis, Phosphorus, Sulphur, Mercurius, Spongia, Bromine, and Silicea (all dry, 2—3 d.).

When there is in man a tendency to the frequent recurrence of hoarseness, the beard about the throat should be allowed to grow, as that seems to afford the best protection to the delicate organs of the voice in those exposed to much variety of temperature and to the undue exercise of their voice. It is to be remarked that clergymen, lawyers, public singers, and actors who are chiefly liable to this disease, are at the same time usually close shavers, besides having to strain their voices; whereas, the disease seems to be much less frequent among public speakers who do not use the razor beneath their chin. Of course, we would not have it be supposed that a confirmed case of dysphonia would be cured by allowing the beard to grow, though we are fully persuaded that the shaving of the beard may operate as an exciting cause in the production of this most annoying affection.

Cough.

Cough may be either combined with cold in the head, being more or less to the chest what cold in the head is to the nose; or it may arise from other diseases. In the former case the appropriate medicine should be selected from among those recommended for those in the head; in the latter, the respective symptoms with which the disease is attended must be taken into account. For instance, where there is a dry, hacking cough, violent pain in the chest, which is worse when breathing, if the patient was taken with a chill, followed by much heat, the pulse quick and hard: there is inflammation in the chest, and you have to administer the remedies prescribed for that complaint.

The medicines which are here first mentioned will seldom cure a cough of long standing; you must have recourse to those, the effects of which are more enduring, and which are described towards the end of the list. It frequently happens that an obstinate cough can be cured only by a homœopathic practitioner; and sometimes it is a symptom of a disease which is already incurable.

Nux vomica (in sol., 6—12 h.) should be given for a dry cough, which is caused by a rough, scraping, acrid sensation, and itching in the palate; when it is lasting and weakening, with pain as if the head were being rent asunder, or a sensation as if bruised in the upper part of the abdomen, with pain afterwards under the ribs, particularly when the cough awakens the patient early, or is then worse, or only a little mucus is discharged with much trouble. Also, when a slight cough lasts the whole day, with pain in the pit of the throat, and is worse in the evening, but better during the night; when during the night the breathing is oppressed, and there is a feeling of weight upon the chest, and the patient has a heated and parched mouth. For energetic and *plethoric patients*, who drink much coffee and spirituous liquors, *Nux vomica* is particularly suitable. It also answers for a dry, exhausting cough, which is worse during the night with trifling expectoration in the morning, or worse from reading, thinking, and exercise.

Chamomilla (in sol., 3—6 h.) should be given for a similar dry cough, which is worse at night, even during sleep, and arises from a tickling in the pit of the throat—something rising in the throat and taking away the breath—particularly in children, and during the winter after taking cold. Also for a tickling cough which is caused by speaking, in the morning and evening, but which ceases after the patient gets warm in bed; also when in the morning some tough, bitter mucus is thrown up.

Hyoscyamus (in sol., 1—3 h.) answers for a dry cough, which is worse at night, and prevents sleeping; also when lying down, with tickling in the windpipe, or when the cough comes in

spasms, sometimes attended with stitches over the eyes, or with soreness in the muscles of the abdomen; a rattling noise in the throat, caused by breathing whilst there is mucus in the windpipe.

Ipecacuanha (in sol., 2—4 h.) frequently answers for *children*—even for the smallest—when on coughing the mucus almost suffocates them; when the cough is spasmodic, or affects them so much that they can scarcely breathe, and they become purple in the face, and the limbs quite stiff; when there is a tickling sensation in the larynx, with contraction, the cough quite dry, but trifling expectoration or of mucus of an offensive taste—or when it causes loathing, nausea, and vomiting of mucus; when it is attended with pain in the abdomen, particularly about the navel, or a pressure upon the bladder, as if the urine could not pass—or there is a throbbing in the head and pit of the stomach, and soreness of the chest; after the cough, shortness of breath and perspiration of the forehead; walking in the cold air excites the cough afresh.

Belladonna (in sol., 4—6 h.), for a similar spasmodic cough, which does not allow the patient to recover his breath, which shakes the whole body, and is excited by a constant insupportable tickling in the larynx, without any phlegm on the chest; or as if caused by something like down in the throat, producing a splitting sensation in the head, with a feeling of pressure in the neck, as if it were breaking, or for a cough attended with a trifling discharge of mucus, mixed with blood, with stitches in the chest and on the left side under the ribs; tearing pains in the chest; short, quick, difficult, breathing; chapping of the lips, red face, and pain in the head; or when the attacks terminate with sneezing, accompanied by catarrh, or stinging pain in the hips and in the abdomen, as if something were giving way.

Mercurius vivus (in sol., 4—6 h.), for a dry cough, which exhausts and convulses the patient much, particularly by night: or a tickling cough before falling asleep; sometimes attended with spitting of blood, shooting pains in the chest; in the case of children frequently attended by bleeding of the nose, inclina-

tion to vomit, pains as if the chest and head were going to burst, accompanied by hoarseness, running catarrh, or diarrhœa.

Carbo vegetabilis (in sol., 6—12 h.), for spasmodic cough, coming on several times during the day or evening, attended with retching and vomiting, heat and breaking out of perspiration, soreness of the chest, white, grey or yellow expectoration, coughing up of blood, with burning pains in the chest; pain in the larynx, as from ulceration, shooting pains through the head.

Capsicum (in sol., 4—6 h.), for a dry cough, worse in the evening and during the night, and which sometimes excites vomiting; pains shooting through different parts of the body, also causing rending headache; sometimes accompanied by oppressive pains in the throat and ears, or with drawing pains from the chest to the throat, stitches in the chest and back, or pressure on the bladder and shooting pains in that region, or stinging and tearing pains from the hips to the knees and feet.

Rhus tox. (in sol., 4—6 h.), sometimes for a dry, short night-cough, commencing with a tickling in the chest, which causes agitation and asthma, particularly in the evening and before midnight, whereby the head and chest are shaken a great deal: or with tightness and shooting pain in the chest, pains in the stomach, sometimes stitches in the thighs; particularly when the air makes it worse, and heat and exercise affect it favorably; also for cough with a taste of blood in the mouth.

Cina (in sol., 6—12 h.), for a dry cough, at times accompanied by expectoration of mucus; in children who start suddenly as if they were losing their senses; afterwards with anxious gasping for breath, moaning and paleness, or a hoarse, hacking cough every evening, particularly in children who have worms; or at the same time running catarrh, with a burning sensation in the nose, and violent sneezing, which makes them cry.

Ignatia (in sol., 6—12 h.), for a dry cough, during the day as well as by night, with a sensation as if there was something like down in the pit of the throat; worse towards evening, with an irritation increasing with the cough, or with a feeling of tightness in the pit of the throat, with a running catarrh; in persons

who have been affected by grief, or when it grows worse every day after meals, in the evening after lying down, and in the morning after getting up.

Euphrasia (in sol., 2—4 h.), for a cough with a bad catarrh, which also affects the eyes; during the day attended with difficult expectoration, sometimes with difficulty of breathing; when it ceases during the night; in the morning worse again, with considerable discharge of mucus.

Pulsatilla (in sol., 6—12 h.), when the cough is dry in the beginning for half a day, with retching; then attended with expectoration of mucus, which is discharged easily; sometimes streaked with blood; in the morning much yellow, salt, bitter, disgusting expectoration, sometimes accompanied by retching; the windpipe at the same time feeling rough, and the abdomen sore as from a bruise, or there are shooting pains in the arm, shoulder and back; or the urine escapes whilst coughing.

Bryonia (in sol., 4—6 h.) answers for a dry and for a moist cough; for a dry one, when commencing with a tickling in the throat, or when the fit comes on after eating, and is so bad as to cause vomiting; or for a cough which begins as soon as the patient gets into a warm room; or with bad stitches in the side, and afterwards a trifling spitting of blood; with a yellowish expectoration; when every fit of coughing is felt in the head, or accompanied with shooting pains in the head, throat, and chest.

China (in sol., 6—12 h.), when there is an inclination to a short, hacking cough, as if caused by sulphur, without any discharge of mucus; which is, however, in the throat, and causes a whistling noise; the expectoration which follows is streaked with blood, with pressing, stinging pains in the chest and the windpipe, or a clear, tough mucus, which is difficult to loosen, with pains in the shoulders, sometimes accompanied by vomiting of bile; and for cough after hemorrhage from the lungs.

Arnica (in sol., 4—6 h.), for cough with expectoration of mucus and coagulated blood, or light, frothy blood, at the same time asthma; the ribs and the abdomen feeling as if bruised and lacerated, shooting pains in the head, the chest, the abdomen,

and the small of the back; also for moist and dry cough in children, early in the morning or when asleep, with weeping and screaming.

Veratrum (in sol., 6—12 h.), for a deep, hollow cough, as if proceeding from the abdomen, with griping, salivation, blue face, involuntary discharge of urine, violent pains in the side, and at the same time difficulty of breathing and great weakness, sometimes accompanied by shooting pains which pass downwards through the abdomen, with a sensation as if a rupture was about to take place.

Arsenicum (in sol., 6—12 h.), for a moist cough with but little expectoration, which is tough, lying on the chest, and causing asthma; coughing every time after drinking; for cough during the night, with spitting of blood, and all burning heat over the body, want of breath, extreme fatigue and weakness; or every evening dry cough, which is very fatiguing; with oppression of the chest when going upstairs and in the cold air; also palpitation of the heart and agitation during the night.

Dulcamara (in sol., 6—12 h.), for a moist cough, particularly after taking cold, with hoarseness, sometimes accompanied with spitting of light red blood during the night; or a whooping, barking cough, excited by deep breathing; coughing from a cold, aggravated by being in a room, and by lying still; better when moving.

Drosera (in sol., 6—12 h.), for a moist cough or for a dry one accompanied by hoarseness, pain in the chest and under the ribs, so that the patient is obliged to hold the painful part with his hands; sometimes attended by retching and griping in the abdomen, when the expectoration is tardy; vomiting of food, after which, of phlegm and water; discharge of bitter, purulent matter; or with oppression, as if, while coughing, the breath remained in the chest, so that either coughing or speaking seems impossible.

Staphisagria (in sol., 12 h.), for cough, with expectoration of yellow mucus, resembling pus, particularly during the night, with pains as if caused by ulceration under the breast-bone, col-

lection of water in the mouth, occasional spitting of blood preceded by a feeling of scratching in the breast, and involuntary discharge of urine.

Phosphoric acid (in sol., 12 h.), for coughs with expectoration, great hoarseness, coughing occasioned by a tickling in the pit of the stomach or of the throat, dry in the evening, in the morning attended by a white or yellow discharge; cough with oppressive pains in the chest and expectoration of pus; when coughing, a rending headache, inclination to vomit, and burning in the throat and chest.

Silicea (in sol., 12—24 h.), for *tedious cough* with expectoration of much phlegm, transparent lumps, or yellow pus, with a pressure on the chest, so convulsive as to cause pain in the throat and abdomen; or a deep, hollow cough, with spitting of blood; dry cough, with pain and soreness of the chest; or a cough which threatens to suffocate the patient in the night, or with asthma and emaciation.

Sulphur (in sol., 12—24 h.), for tedious dry cough from tickling in the throat, coughing with contraction of the chest, and retching; only during the night, preventing the patient from sleeping; or dry during the night but by day attended by yellowish expectoration, or thick mucus, pus and blood; when coughing, single stitches in the chest or under the ribs on the right side; feeling as if the chest were about to burst when coughing or sneezing; the breast tight and full, difficulty of breathing whistling and rattling in the chest, palpitation of the heart, the patient obliged to sit up during the night; or when the cough is attended by a rending pain in the head, blackness before the eyes, heat in the head and face, but cold hands.

Calcarea (in sol., 12—24 h.), for tedious cough caused by a tickling as from down in the throat, so violent in the evening and during the night that every vein throbs, or in the night during sleep, dry cough with pain, or rattling and rumbling in the chest, particularly in very fat children, where *Ipecacuanha* suits, but does not suffice; for cough with copious expectoration, particularly during the day, lumpy, purulent, yellow, greenish,

brown, so offensive as to cause vomiting ; when coughing, a stitch in the side and chest and burning in the latter ; tearing and shooting pain in the head ; also a pricking pain in the side when breathing, deeply, when moving and bending ; in the evening heat, chills and thirst, perspiration during the night, particularly on the breast, great weakness, and much anxiety respecting the malady.

Lachesis (in sol., 6—12 h.), for cough excited by pressing the hand upon the chest, the patient unable to bear anything on the neck, coughs during the night in his sleep ; or feels a tickling in the throat ; the whole chest, up to the shoulders, feeling sore, with stitches in the side, and spitting of blood ; or coughing as if something liquid had got into the windpipe ; or violent cough from ulcers in the throat, with retching, hawking up of phlegm, and much saliva in the mouth ; difficulty in expectorating, the cough bad after meals, after sleeping and after rising ; at the same time pain in the throat, ears, head, and eyes.

Causticum (in sol., 12—24 h.), for a protracted, dry, short, cough, or for a hollow one, with excoriating or burning pain in the chest and in the windpipe ; scraping in the throat and rattling in the chest ; pain in the hip, as if going to burst open, or other rheumatic pains ; the urine escapes while coughing.

For tedious coughs choose particularly among the remedies recommended last ; Causticum, Lachesis, Calcarea, Sulphur, Silicea and Phosphoric acid ; but should they not, though agreeing with the symptoms, effect a permanent cure, use Staphisagria, Dulcamara, Arsenicum or Carbo vegetabilis. The remaining remedies are most efficacious in coughs which are not of long standing.

When a cough which appears suddenly is accompanied by tension in the chest, difficulty of breathing, pain in the throat and windpipe, attended with soreness and rawness, especially if after coughing at night a burning sensation remains, the voice rough and hoarse, fever, and a quick, hard pulse, always commence by giving Aconite (dry), and from 5 to 6 hours after, or the following morning, the suitable remedies for the cough.

But when the cough is very exhausting and suffocating, with much phlegm on the chest ; give first Ipecacuanha (dry), and a couple of hours after, another suitable remedy.

When the cough is rough and hollow, and there is barking, or whistling and wheezing, particularly with children, examine what is said of hooping-cough, croup, and suffocating cough, and compare the remedies there prescribed with those indicated here.

In recent coughs, with cold in the head, it is always best to keep warm, and guard against further cold for a few days ; but this ought not to be carried to excess, or the patient will become more and more sensitive to cold. For children, it is much better to come out every fair day, and to be washed daily in cold water. Children who are liable to get their feet wet should wear water-proof goloshes, or gutta-percha soles. A person affected with cough should occupy, not a cold damp room which lies to the north or north-east, but a dry room facing the south.

Those who are very liable to catarrhs and coughs, or sore throat, will be benefitted much by washing and rubbing the whole body every day ; it is sometimes of use to wear a black or white silk ribbon around the neck, or a silk stock fitting closely around the neck ; cotton should be worn next to the skin, but no wool or flannel, which is only suitable for sailors and others who are frequently drenched to the skin by the rain.

Never refuse cold water to a person who suffers from cough, although it should make the cough worse every time ; and force no one to take warm and intoxicating drinks—it is a practice which has sent many a patient to the grave, and subjected others to long and severe tortures.

Hooping Cough (Pertussis).

This affection has been divided into three stages—the *first* or febrile stage, resembling ordinary catarrh, attended with chilliness, slight fever, depression, increased flow of tears, sneezing and discharge from the nose, along with a dry fatiguing cough, which returns by fits.

The duration of this stage is various : it may last for a few days only, or may continue for weeks. It seldom, however, exceeds a fortnight.

In the *second*—the nervous and spasmodic or convulsive stage—the characteristic symptoms of the disease present themselves.

The cough becomes excessively violent and distressing ; the patient feeling its approach runs to lay hold of some object to support himself until the paroxysm is ended. These occur more frequently at night, and consist of a series of forced, quick and unequal expirations which follow each other so rapidly that inspiration is impossible. The face becomes swollen and livid ; the tears are discharged copiously ; the veins of the neck are prominent ; a copious perspiration breaks out, and suffocation appears imminent. Soon, however, short imperfect inspirations are effected, and then a long, slow, and laborious inspiration, accompanied by a peculiar noise, which has been compared to a *whoop*, and from which the disease takes its name. The paroxysms sometimes succeed each other every five or ten minutes, at others not more than four or five occur during twenty-four hours. They are usually terminated by a fit of coughing and a discharge of ropy mucus, or by a fit of vomiting. It is not an uncommon occurrence for blood to be discharged from the nose, and occasionally from the mouth and ears during the paroxysm, and the eyes are also frequently injected with it.

The duration of this period is various : sometimes it terminates in two or three weeks, at others lasting for months. The average is perhaps from two to four weeks.

The *third stage* or the *stage of decline*, is made known by the paroxysms growing shorter and shorter and less violent and frequent ; the *whoop* gradually disappears, and the cough does not differ from that of ordinary catarrh, and gradually ceases.

Whooping cough is almost entirely a disease of childhood and one which very few individuals escape. It usually prevails as an epidemic, and is by the majority of physicians acknowledged to be contagious. It is probably most easily communicated in

the second stage, after the disease has become fully formed, and during the decline.

Treatment.—In the first or catarrhal stage the remedies that have already been pointed out for *cough* should be consulted, and if properly selected according to the indications there given, the disease may in many cases be checked in its commencement.

Accordingly the remedies most suitable for this purpose are : Aconite, Dulcamara, Pulsatilla, Nux vomica, Ipecacuanha, Belladonna, Mercurius vivus, Bryonia and Phosphorus.

Aconite (in sol., 2—4 h.), when at the commencement of the disease, the cough is dry and whistling ; accompanied by fever, or by sore throat ; the patient complains of a burning pain in the larynx and sometimes points to it with the finger.

Dulcamara (in sol., 4—6 h.). If the attack was apparently brought on by exposure to wet or dampness ; the cough loose and expectoration copious, accompanied by hoarseness.

Pulsatilla (in sol., 4—6 h.). For loose cough followed by inclination to vomit or vomiting, also with sneezing, weakness of the eyes, increased lachrymation and slight hoarseness.

Nux vomica (in sol., 4—6 h.). Cough dry, accompanied by vomiting and great agitation, blueness of the face, fear of suffocation, and sometimes bleeding from the nose and eyes ; the cough coming on particularly after midnight and lasting till morning.

Ipecacuanha (in sol., 2—6 h.) may advantageously follow Nux vomica, especially if there still appears to be great danger of choking, with blueness of the face, anxiety, &c.

Belladonna (in sol., 6—12 h.), if in the beginning the cough is dry and hollow, or harsh and barking, worse at night, with congestion to the head and headache or sore throat.

Mercurius vivus (in sol., 6—12 h.). Cough mostly at night and occurring in two successive paroxysms which follow each other in quick succession, after which there is a considerable interval of repose ; also for cough with vomiting and bleeding at the nose, the blood soon coagulates ; perspiration at night with great sensitiveness ; it is especially suitable for children who have suffered from worms.

Bryonia and Phosphorus (in sol., 6—12 h.) are serviceable when the hooping-cough is complicated with disease of the chest, with pain, fever, &c.

In the *second* or convulsive stage, Veratrum, Drosera, China, Carbo vegetabilis, and Cuprum aceticum, will be found of most benefit; sometimes it may be necessary to alternate them with Nux vomica or some of the foregoing remedies.

Veratrum acts quickly, and may, in most cases, be tried first. Give two or three globules of it immediately after the paroxysm, and wait until the next; if the paroxysms continue as severe as at first, or grow worse, give the same, and then wait from twenty-four to thirty-six hours, or as long as the case continues to improve; when it gets worse again, give another remedy. It will be especially indicated when there is great weakness, fever, cold perspiration, particularly on the forehead, with quick weak pulse and much thirst. And also when during the paroxysm there is involuntary discharge of urine, or when there are pains in the chest, the abdomen and the groin; when between the paroxysms the patient is not very lively, and shuns exercise; when the neck is so weak that it can hardly support the head; when there is great chilliness and much thirst, and no inclination to speak; also when the body is covered with a dry and scattered eruption, or the eruption appears on the hands and face only. After Veratrum, Drosera or Carbo vegetabilis generally answers best.

Drosera is to be administered the same as Veratrum, in two successive doses, then wait, at most, two or three days; if the patient improves, wait as long as he continues to get better; when this ceases to be the case, select another remedy.

It will be found most serviceable when the patient is worse at rest than when in motion; when the chills are not accompanied but followed by thirst; when the perspiration is not cold but rather warm, and occurs only at night; or when the cough is loud and hoarse, the paroxysms very violent, and either unaccompanied by fever, or with decidedly marked fever, chills and heat, but not for slow fever, as mentioned under Veratrum.

China (in sol., 4—6 h.) is most suitable, when during the cough the children become quite stiff, and after the paroxysms there is a gurgling noise, which appears to descend from the throat into the abdomen, and also in children affected with worms, when there is a disposition to pick the nose, with griping in the abdomen, itching of the anus, &c.

Cuprum aceticum (in sol., 6—12 h.) has been found most suitable in cases in which entire rigidity of the body or convulsions ensue after each paroxysm, also when there is vomiting after the attacks and rattling of phlegm on the chest while coughing.

This remedy will in many cases produce a marked improvement, sometimes indeed shortening the duration of the disease very considerably. After it, Veratrum generally acts most favourably.

Carbo vegetabilis (in sol., 6—12 h.) is the chief remedy in spasmodic attacks of cough, occurring twice a day, especially in the evening or fore-part of the night; the cough hollow, with increased lachrymation, redness of the palate and sore throat, and also in cough accompanied by shooting pains in the head, chest and throat, or with an eruption on the head or body. This is also one of the best remedies in the latter stages of the disease after the more violent paroxysms are subdued.

Arnica (in sol., 6—12 h.) is useful when there is considerable hemorrhage from the nose and mouth, or the eyes are injected with blood, when blood is extravasated round the eyes, and they appear as if bruised, and also when each paroxysm of coughing is followed by crying.

Hepar (in sol., 6—12 h.), when the cough is diminishing, but is still dry and hoarse, or hollow and ringing, with occasional retching, followed by violent fits of crying.

Tartarus emetic, taken at the commencement of the whooping-cough, will in some cases cut short the disease, or greatly diminish its violence. It is also frequently beneficial in the more advanced stages, and where the air-tubes are apparently choked up with mucus. It may be administered by dissolving a grain

of the first trituration in a tumbler of water and giving a table-spoonful of the solution three or four times a day.

The *third* or declining *stage*, requires for its treatment the same remedies as have already been recommended in the first stage and in cough or ordinary cold, and must be selected according to the indications there given. Change of air, when it can be had, is very useful in this stage.

During the treatment of whooping cough the *diet* must be light and digestible, and all kinds of stimulants scrupulously avoided.

Emotions of the mind should also as much as possible be guarded against, as they greatly add to the violence, and increase the frequency of the attacks of coughing; this is particularly the case with fits of anger.

Croup (*Cynanche Trachealis*).

This dreaded disease can, in most cases, be easily cured with homœopathic remedies, so that scarcely one-fifth as many cases prove fatal, as when treated by the old method. It requires, however, great attention; parents ought to be well acquainted with the symptoms, as it is always a dangerous disease.

Children are usually troubled with a slight cough a few days before it makes its appearance; the voice is hoarse, and sometimes the cough is in the beginning somewhat hollow. By selecting one of the remedies recommended for "Cough" the complaint may, in some cases, be prevented. When the cough is hollow and wheezing, *Hepar* should always be *first* given. After this *Sambucus*, *Hyoscyamus* and *Cina*, or *Nux vomica*, *Veratrum*, *Chamomilla*, *China* and *Drosera*.

If children wake suddenly at night, and begin with a choking cough, either from want of breath, or an accumulation of phlegm in the throat, take one grain of Tartar. emetic of the first trituration, put it in a glass of water, and after stirring it well, give a teaspoonful every 10, 20 or 30 minutes, according to the violence of the symptoms, until relief is afforded. This medicine should always be kept on hand, but preserved with care, as one grain, taken at once by a child, might be productive of serious consequences.

If this cough is not cured, the croup commences. Sometimes it appears without any of these premonitory symptoms. The child awakes about midnight with the croup; the cough has a shrieking, sharp sound, like the braying of an ass, or like the attempt at crowing of a young cock. It sounds very hoarse; somewhat shrill and hissing, or quite rough, deep and hollow, like the hoarse bark of a dog. The patient inhales with great difficulty and slowly, and emits the breath in jerks. He is much agitated and tries to obtain relief by stretching out the neck.

At this stage the disease is not so alarming as it appears, but it should not be neglected. The best way to lessen the agitation, and make the symptoms yield more easily, is to bathe the arms as quickly as possible in very warm water. Let both arms be immersed in water, as warm as the patient can bear it, and remain until the choking cough ceases. At the same time give Aconite every 10, 20 or 30 minutes, according to the urgency of the case. The application to the throat of a cold wet rag folded three or four times, and covered over with a double fold of flannel or a long worsted stocking, is of great use in this stage and should be worn the night through, even though the urgent symptoms may have been relieved by the medicine given.

In most cases this first attack passes off soon, but the child remains cross, and retains the hoarseness of voice. If, during the night, Aconite has been given, give Hepar in the morning. Keep the child warm the next day, and on low diet; flannel may also be put round the neck.

If the cure of the disease is not effected in this manner, and the attack returns the second night, the child complains of a burning sensation in the throat, or points with the finger to the larynx, which is very sensitive, particularly when touched, somewhat swelled, and very hot. The paroxysms become more violent, as if the patient were in danger of suffocating; accompanied by fever and great thirst. The sufferer falls asleep, but soon awakes again with a worse attack. The breathing, during sleep, is oppressed and heaving; the head is frequently bent back, so that the throat is exposed and very sensitive to the touch. If

Aconite has not been given last, give it now, and repeat it every thirty minutes, or oftener if needful, for two hours. Bathing the arms in hot water is also serviceable in this stage. A sponge dipped in hot water and applied to the child's neck as hot as it can be borne very often does good in this stage. Do not cover up the head, but keep the feet warm; give injections of warm water, unless the child is very averse to it.

If relief follows the administration of Aconite, and the paroxysms become less frequent and violent, if the patient perspires, wait from two to six hours, and then repeat it; but if there is no improvement, or if the disease becomes visibly worse notwithstanding the remedies given, and the danger increases, give Spongia (in sol., $\frac{1}{4}$ — $\frac{1}{2}$ h.); and if this does not soon effect a change for the better, Hepar (in sol., $\frac{1}{4}$ — $\frac{1}{2}$ h.). Or these two remedies may be given alternately until some improvement takes place; but do not be in too great a hurry. In all cases, where there is no improvement either after Spongia or Hepar, give Arsenicum.

At the same time keep the child as quiet as possible, and give it from time to time a little mucilaginous drink, if fond of it.

When the disease advances, the hands and feet become cold, the pulse quite small, and the sufferer bends back the head as far as possible (by no means force the head forward, as it might cause suffocation); the belly expands and contracts considerably at every breath, but not the chest, at the same time a rattling is heard when breathing, as if there were something in the wind-pipe. With the cough comes retching, and finally pieces of membrane are sometimes thrown up. The child is no longer red as before, but pale; during the cough it is of a bluish color in the face, the eyes start from the head, as from terror, and the child grasps convulsively with its hands.

If the above mentioned medicines, Aconite, Hepar and Spongia have been given, and the disease attains this point notwithstanding, there is but little hope of saving the patient; though Lachesis and Phosphorus may be given (in sol.) alternately every half-hour, as long as there is any improvement; but should no

good effect follow, give Kali bichromicum or Arsenicum (in sol., 1—2 h.), then Sambucus.

If these dangerous symptoms should really appear under homœopathic treatment, try the vapor of sulphuret of potash, at any rate it will do no harm; a warm bath may be used without danger, and it often affords great relief. It should be always borne in mind that croup is one of the most dangerous diseases incident to childhood, and that even the best homœopathic treatment will not succeed in curing every case, more especially if not employed at the very commencement of the disease.

Any hoarseness that may remain after the more dangerous symptoms of an attack of croup have passed, will be removed by Hepar, Belladonna, Carbo vegetabilis or Arnica. Children who are subject to this affection should be guarded carefully against taking cold, and take occasionally a dose of Hepar or Lycopodium (dry): by these means the predisposition may be removed.

Kali bichromicum, Bromine and Iodine have been within a few years past highly recommended in croup. The first especially in the most dangerous cases—those with tendency to or actual formation of *false membrane*—has been used very successfully. It may be administered either by putting two or three globules upon the tongue every two or three hours, or by dissolving eight or ten globules in half a tumbler of cold water, and giving a tablespoonful of the solution every hour or two.

Congestion of the Chest.

This affection occurs more frequently about the age of puberty, and a few years before and after that period than at any other time of life. It does not, however, in this respect, differ from other affections of the chest, as there appears to be in early life a greater predisposition to all of these diseases than in more advanced years. This admits of easy explanation by reference to well established physiological laws, but as the treatment of disease rather than the elucidation of points in physiology is the object of this volume, it is unnecessary to enter into the subject here.

The most prominent symptoms of congestion of the chest are: Sensation of fulness, throbbing, weight or oppression in the chest; and palpitation of the heart attended with anxiety, short sighing, difficult respiration.

The symptoms will be more particularly pointed out under the different medicines recommended in the treatment.

Treatment.—Aconite (in sol., 2—4 h.) is especially serviceable when there is great oppression, with violent heat and thirst, constant hacking cough, which disturbs the patient, particularly during sleep, and apprehension of danger. It will be found valuable in plethoric individuals, especially females of sedentary habits, who suffer from congestion before and after menstruation.

Belladonna (in sol., 4—6 h.) may be used with advantage for the same symptoms as Aconite when the latter is insufficient, or if the attacks return frequently, and also when the head is much affected.

Nux vomica (in sol., 6—12 h.) when the affection has been brought on by sedentary habits, too free indulgence in the use of stimulants, such as wine, brandy, beer, &c., and also when it arises in consequence of suppressed hemorrhoids.

Ferrum, Pulsatilla, Sulphur, and Phosphorus (in sol., 6—12 h.) will also be found useful in some cases. Advantage may be sometimes derived from dry cupping on the neck. For other remedies see “Determination of Blood to the Head.”

Persons subject to this complaint should avoid violent exercise, such as running, dancing, &c., and stimulants of all kinds, as alcoholic, vinous and fermented beverages and coffee: they should use moderate exercise in the open air, drink freely of cold water, bathe the chest and arms daily in cold water, and not sleep too long in the morning.

Hemorrhage from the Lungs, Spitting of Blood.

When, on coughing, a little blood is expectorated, the danger, in most cases, is not as imminent as many imagine. The blood frequently proceeds from the nose, from hollow teeth, or only from the throat. When it is really from the chest, it is almost

at all times accompanied by a sensation as if coming from a considerable depth ; it is warm, generally tastes sweet, the taste of it precedes the rising of the blood, or there is at the same time, a painful and burning sensation in the chest.

Under these circumstances avoid everything which might fatigue the lungs, such as long and loud speaking, calling, crying, singing, blowing the horn or the trumpet, all violent exercise of the arms, or quick running, ascending, particularly going upstairs. Sometimes this disease is produced by the inhaling the dust or exhalations proceeding from such substances as lime, gypsum or plaster of Paris, metal filings, tobacco, or sulphuric acid.

When the discharge of blood is but trifling, and is accompanied with a good deal of cough, a remedy may frequently be found among those recommended for "Cough," especially such among them as Belladonna, Mercurius vivus, Carbo vegetabilis, Pulsatilla, Bryonia, China, Arnica, Duleamara, Staphisagria, Silicea, and Lachesis.

But when the complaint has already existed for some time, and the blood is discharged in considerable quantities, or when it commences with a violent hemorrhage, there is danger, but not to such a degree as to be excessively alarming. Fear only makes the matter worse. It is seldom as bad as it appears. The life of the patient is not in imminent danger unless there have been several previous attacks, or the patient has suffered long from other diseases ; the blood is sometimes discharged in large quantities, and is of a blackish color. In other cases it soon ceases of its own accord. The most important object is the cure of the complaint after hemorrhage has ceased, for that is the most critical period, either from a return of the hemorrhage, or from the establishment of an incurable disease upon the lungs.

On no account allow a vein to be opened during or after hemorrhage from the lungs ; this remedy is worse than the disease, for it invariably aggravates it.

Persons who have had several attacks of hemorrhage, and have each time been treated by blood-letting, are really in a dangerous state, for the bleeding aggravates the principal cause of the disease, and the constitution suffers so much in consequence that other remedies do not easily act. Under such circumstances it is best to submit to a regular course of treatment by a homœopathic practitioner, while there is yet some prospect of obtaining relief.

Blood-letting for hemorrhage of the lungs is most injurious in the case of individuals who have previously suffered from piles—and where the blood only takes another direction—or of women, who, instead of having their monthly changes, have spitting of blood. In these cases there is no danger whatever from the hemorrhage, for it will cease of its own accord, and all the bad consequences may be prevented by medicine.

After a heavy fall, blow or thrust on the chest, it is also injurious to bleed; in most cases it does more harm than the actual injury, and is nothing but an old custom, which medical men follow when they do not know what other means to resort to. In such cases give *Arnica* (in sol., 2—4 h.), and keep the patient on a low diet; if, after some days, pains in the chest and fever make their appearance, give *Aconite* (in sol., 2—4 h.), and if after this it gets worse again, repeat the *Arnica*, alternating with these two remedies.

The first thing that should be done for a violent hemorrhage from the lungs is to tie a handkerchief around the upper part of the arm, on the side whence the bleeding proceeds, as tightly as the patient can bear it, and another around the upper part of the corresponding thigh, and if this does not arrest it, put a ligature on the other arm and thigh in the same way.

When the hemorrhage has ceased entirely, loosen the bandages gradually. While the bleeding continues and also for a considerable time after it has ceased, the patient should remain perfectly quiet in a half sitting half lying position, with plenty of pillows under the head and chest. The room should be kept cool and

well aired and no warm drinks nor stimulants of any kind allowed for eight or ten days. The food should be light and digestible, and the drinks principally mucilaginous.

All kinds of mental excitement, and particularly vexation and anger, should be carefully avoided. Advantage will also be derived from sleeping awhile during the day, especially before meals.

If the bandages do not speedily check the hemorrhage, dry cups may be applied to the abdomen and under the ribs, also on the pit of the stomach. As a substitute for regular cupping glasses, dip a piece of paper, cotton or other light substance in strong brandy or alcohol, ignite it, throw it into a tumbler, turn the glass so that the paper shall fall out, and apply the tumbler as quickly as possible to the bare skin. The closer the glasses adhere the better; if you do not succeed at first trial, repeat the experiment.

Cloths dipped in cold water and applied to the lower part of the abdomen will also be beneficial. No other cold application should be made, and no cold water drank, especially if it aggravates the cough.

A little fine dry table salt is sometimes administered; this may do good, but if it aggravates the cough it should be dispensed with.

When the cough continues, and brings on fresh attacks of bleeding, give the white of an egg, mixed with sugar, a teaspoonful at a time; or put a drop of sulphuric acid into a tumbler of water, and use it as a gargle, or take a teaspoonful every five or ten minutes.

In selecting a medicine, we should endeavour to choose one which will not only accelerate the cure, but, as much as possible, prevent a relapse.

When there appears to be great danger, the choice will lie between Aconite, Ipecacuanha, Arnica, China and Opium.

Aconite (in sol., $\frac{1}{2}$ —1 h.) will have the preference when the slightest attempt at clearing the throat brings up blood, when the patient previously to the bleeding feels a sensation of ebulli-

tion of blood in the chest; the latter seems full, with a burning sensation, papitation of the heart, agitation, uneasiness; is worse when lying down, with an anxious, pale countenance, and when the blood comes by gushes, and much at a time.

Ipecacuanha (in sol., 1—2 h.) may follow the Aeonite, if the latter has checked the hemorrhage, but there is remaining a constant taste of blood, with a short cough, discharge of phlegm, mixed with blood, nausea and weakness.

Arsenicum (in sol., 2—4 h.) should be given if the Aeonite is insufficient and the palpitation of the heart and agitation increase, and prevent the patient from sleeping, or disturb him when asleep, drive him out of bed, and are accompanied with a dry burning heat. If it returns again, give Ipecacuanha, Nuxvomica, Sulphur, or Arnica. And if, after these remedies, it still grows worse, repeat the Arsenicum. By these means the recurrence of the complaint may sometimes be prevented and the disease entirely cured.

China (in sol., 2—4 h.), when the cough, which had been very dry, rough and painful, with a taste of blood, becomes violent, and is accompanied by constant raising of blood; when the patient feels chilly, with occasional flushes of heat, is very weak, wants to lie down constantly, perspires occasionally, but not long at a time, trembles, has dimness of sight, or confusion in the head, or when he has lost so much blood as to become quite faint, or pale and cold, with twitches in the hands and face. After giving the medicine, wait the result, although it should at first grow a little worse. Ferrum, Arnica and Arsenicum will sometimes be indicated after China.

Ferrum (in sol., 4—6 h.), in slender persons of sallow complexion who do not sleep well at night; if the blood is brought up by a slight hawking, not in very great quantities, is quite pure and of a bright red, if there is pain between the shoulders, asthma, particularly during the night, the patient cannot sit, feels better when walking slowly about and yet must frequently lie down; is very weak, particularly after speaking, and cough is produced by any considerable exertion.

Arnica (in sol., 2—4 h.), when the blood is coagulated, black and raised easily ; accompanied by asthma, shooting pains and burning contraction in the chest, palpitation of the heart, great heat over the body, with weakness, almost to faintness, and also when the blood is raised with slight cough, is bright red, frothy, mixed with small coagulated clots and mucus, sometimes accompanied by tickling under the breast-bone ; coughing produces shooting pains in the head, and all the ribs feel as if bruised.

Pulsatilla (in sol., 4—6 h.), if the complaint has already continued for some time ; if the blood is black, coagulated ; if the patient becomes very nervous during the night, feels cold, complains of weakness and pains in the lower part of the breast, with a qualmish sensation in the stomach, is reserved, inclined to weep, and indisposed to exert himself. After *Pulsatilla*, *Secale* may be beneficial.

Rhus tox. (in sol., 4—6 h.), in cases similar to the last, but when the blood is of a brighter red, or the mind perturbed, uneasy, the symptoms aggravated by the slightest vexation, or when there is much tickling in the chest.

Nux vomica (in sol., 4—6 h.), if the disease has been occasioned by the excessive use of spirituous liquors, or the suppression of hemorrhoids ; especially in passionate persons, and is accompanied by tickling in the chest, and cough which affects the head ; and when there is aggravation of the symptoms in the morning.

If the hemorrhage arises from suppressed menstruation, *Pulsatilla* will be the most appropriate remedy, and afterwards, if necessary, *Cocculus*, to promote the natural discharge.

Opium (in sol., 3 h.), is most suitable, when the discharge is very thick and frothy, mixed with phlegm, particularly in persons addicted to drinking, or when the cough is worse after swallowing, accompanied by difficulty of breathing, asthma, and anxiety, with a burning sensation in the region of the heart, trembling of the arms, sometimes weakness of voice, drowsiness and sudden starting, coldness, particularly of the extremities, or heat, especially of the breast and abdomen, without perspiration.

Hyoscyamus (in sol., 2—4 h.), when the hemorrhage is accompanied with dry cough, particularly in the night, which compels the patient to get out of bed ; when he starts in his sleep, &c. ; also in persons accustomed to ardent spirits ; it will follow Opium and Nux vomica advantageously when they prove insufficient ; and may be followed by Arsenicum.

Belladonna (in sol., 2—4 h.), when there is a tickling in the throat, which excites coughing and aggravates the hemorrhage, with a sensation as if there was too much blood in the chest, and shooting pains, worse when in motion.

Dulcamara (in sol., 4—6 h.), for the same symptoms as Belladonna ; if they are worse when the patient is at rest, and when the blood is of a bright red colour ; the attack brought on by a cold ; or when the patient has already suffered from a loose cough for a considerable time.

Carbo vegetabilis (in sol., 6—12 h.), when there is a burning sensation on the chest, even after the hemorrhage has ceased, particularly with persons who cannot bear the changes of the weather, or who have taken a great deal of calomel.

For the weakness which follows bleeding at the lungs, do not give too much medicine, good diet is of more consequence ; let the patient eat often, but not much at a time ; but little meat, plenty of milk, and eggs occasionally ; flour prepared in different ways, and let him take exercise in fine weather. If he remains weak notwithstanding, and over sensitive, give China (in sol., 12 h.) ; if he is weak, but at the same time too lively, give it alternately with Coffea (in sol., 12 h.), and if cross and fretful, Ignatia.

Chronic Inflammation of the Larynx (Chronic Laryngitis. Laryngeal Phthisis.)

This disease is often extremely insidious in the commencement, and so slow in its progress, that sometimes serious mischief is done before any alarm is felt by the patient and he applies for medical advice. The following are its principal symptoms : pain in the larynx, sometimes extending entirely over it, but at

others confined to a small space, a tickling sensation which excites coughing. The pain is increased by coughing, speaking and swallowing, and also by breathing cold air and pressure in the larynx. The voice is changed, being hoarse, and at times so weak as to be almost lost; frequent attacks of cough, often hoarse and croupy. In the beginning the cough is dry, but subsequently it is accompanied with expectoration of mucus which is occasionally mixed with pus and blood.

There is generally, when the disease has continued for a considerable time, ulceration of the cartilages composing the larynx; and sometimes it ends in hectic fever and loss of general health, or in consumption.

It is this form of disease that is often known under the name of "Clergymen's sore throat."

The same causes that give rise to other affections of the larynx and chest may occasion this. Among these are exposure to sudden changes of temperature, inhalation of irritating substances, the introduction of foreign bodies into the larynx, &c. The habitual and intemperate use of spirituous liquors and also the abuse of mercury are exciting causes. Prolonged action of the voice is also alleged as a cause, hence the frequency of the disease among singers, lawyers, preachers, actors, &c.

The medicines which are most efficacious in the treatment of this affection, are Causticum, Calcareo, Carbo vegetabilis, Hepar, Lachesis, Phosphorus, Sulphur, Arsenicum, Mercurius vivus and Spongia. (The medicines may be given in sol., 12—24 h.).

Aconite, Phosphorus, Hepar and Lachesis are the most useful remedies in the acute form of Laryngitis. For their proper selection, consult "Croup," "Hoarseness," and also "Cough."

Bronchitis (Inflammation of the Bronchia).

This disease consists of an inflammation of the mucous membrane of the bronchia, and is divided into acute and chronic. Of the former it is intended more particularly to treat. The disorder is of frequent occurrence, both as a primary affection, and as an accompaniment of measles, scarlatina, smallpox, whooping cough, &c.

The most prominent symptoms of acute bronchitis are : Chills, succeeded by fever ; hoarseness ; difficulty of respiration ; severe, frequent, and distressing cough, at first dry or with scanty expectoration of frothy or viscid mucus, which subsequently becomes copious and sometimes streaked with blood ; constriction at the chest with a feeling of oppression ; general weakness, foul tongue, and loss of appetite ; rapid pulse, increased difficulty of respiration ; paleness of the lips, cadaverous and anxious countenance, loud wheezing, and on applying the ear to the chest, a louder sound than the natural respiration, either rattling, whistling, or droning, or harsh and broken, according to the advance of the disease.

In the cases which terminate favourably, the first symptoms of improvement are a greater freedom of breathing, with remission of the fever, and an alteration in the expectoration, which becomes thicker, whiter, and diminished in quantity. But when the disease takes an unfavourable turn, the difficulty of breathing increases, a state of excessive debility and collapse supervenes ; the face becomes livid, the body covered with a cold clammy sweat ; the mucus accumulates rapidly in the bronchial tubes, and the cough, which has become feeble through the exhausted and sinking energies of the patient, is insufficient for its ejection ; aëration of the blood in the cells of the lungs is prevented ; cerebral symptoms declare themselves from impeded circulation, or as the effect of unarterialized blood circulating in the brain, and the patient is carried off in a state of asphyxia.

In many, and the most dangerous cases of acute bronchitis, although a degree of oppression at the chest be present, no particular pain, heat of skin, nor fever, may exist ; this is the most insidious form of the disease, in which it is but too frequently neglected until beyond the power of the physician's art ; this occurs most frequently in children who may apparently be only troubled with a *slight wheezing*, of which scarcely any notice is taken, and no medical aid is called in, until suddenly suffocation threatens, or some organic lesion is produced, so that an affection which probably might have been easily subdued at the onset, is now beyond control.

The frequency of the disease in infancy and early life deserves a particular notice. It generally commences as in adults, with the symptoms of a common catarrh; the breathing becomes quick and oppressed, and from the increased action of the diaphragm the abdomen becomes prominent; both the shoulders and nostrils are in continual motion, but the wheezing is often more marked than the difficulty of respiration, and on applying the ear to the chest, a mucous rattle is heard over almost every part; expectoration sometimes temporarily relieves, and occasionally the mucus is expelled from the air-passages by vomiting; the countenance is pale and anxious, and somewhat livid:—these symptoms are interrupted and relieved by occasional remissions, during which the child generally appears drowsy; but they return with additional severity, and, if not checked, an accession of extreme dyspnœa ensues, and death takes place from suffocation. When sore throat is also present, coughing produces considerable pain, and the child for that reason frequently endeavours to suppress it. There is also impaired appetite with thirst, although when the disease has advanced, it is found difficult to take a long draught, from its impeding respiration; this is very observable with children at the breast, who, after eagerly seizing the nipple, will bite it, and discontinue sucking, cry, and throw back the head, and after vomiting up the phlegm, continue for some time in that position.

In some cases, from the character of the voice and cough, bronchitis has been mistaken for croup.

The tubes of one lobe, or of one lung only, may be affected, but sometimes those of both lungs participate.

The aggravation of suffering at night is a very remarkable symptom of this complaint.

The causes are the same as those of common catarrh.

Treatment.—The remedies which are chiefly indicated as most appropriate in ordinary cases of this affection are: Aconite, Spongia, Belladonna, Nux vomica, Bryonia alba, Lachesis, Phosphorus, Pulsatilla, Mercurius vivus, Cannabis, &c.

Aconite (in sol., 2—4h.) is the remedy upon which most reliance

is to be placed in the inflammatory stage of the disease, and throughout its course, as long as a febrile character exists. Its more marked characteristics are hot, dry skin, with strong, hard and accelerated pulse; hoarseness, with roughness of the voice; short, dry, and frequent cough, excited by a tickling in the throat and chest; obstructed respiration, anxiety, restlessness, headache and thirst, with occasionally scanty expectoration of viscid mucus.

Spongia (in sol., 2—4 h.) is often of great service after the previous administration of Aconite, when there still remains a considerable degree of inflammation in the bronchial tubes, especially the larger, with hollow, dry cough, day and night, but worse towards evening; or cough with scanty, viscid, ropy expectoration; heat in the chest, burning, tickling, irritation in the larynx, quick, anxious, laborious respiration; hoarseness. (Hepar is sometimes useful after Spongia when the skin is hot and dry, and the efforts to expectorate ineffectual.)

Belladonna (in sol., 2—4 h.). This remedy is useful when there is severe headache, aggravated by coughing, *oppression of the chest*, and constriction as if bound, with rattling of mucus in the air-tubes; short, anxious, and rapid respiration; dry, fatiguing cough, especially at *night*, and thirst; soreness of the throat. (See SORE THROAT.)

Nux vomica (in sol., 3—6 h.). Difficult breathing with excessive *tightness of the chest*, particularly at night; hoarseness; dry cough, worse towards morning, attended with a sensation as from a blow or bruise, in the epigastric or hypochondriac regions; cough with difficult and scanty expectoration of viscid mucus; dryness of the mouth and lips, thirst, constipation, peevishness.

Lachesis (in sol., 3—6 h.). *Oppression* at the chest, with short and hurried respiration, anxiety, and dejection; dry, fatiguing cough, sometimes followed by the expectoration of a little tenacious or *frothy mucus*, after much effort, occasionally streaked with blood; hoarseness.

Bryonia (in sol., 2—4 h.). Difficult and anxious respiration,

with constant inclination to make a deep inspiration ; hoarseness ; headache ; cough dry, attended with a sensation of burning, or cough with expectoration of viscid mucus ; in some instances tinged with blood ; *dryness of the mouth and lips*, excessive thirst. When, moreover, the respiration is impeded by shootings in the chest, and this affection threatens to become complicated with pleurisy, this remedy is still more particularly called for.

Phosphorus (in sol., 2—4 h.). This important remedy is frequently of great utility in this affection when the more inflammatory symptoms have been subdued by Aconite, but the respiration continues much oppressed, accompanied with great anxiety, and heat in the chest, or a feeling of heaviness of a part or of the whole of one lung ; dry cough, excited by tickling in the throat, or chest, aggravated by talking or laughing, and followed by expectoration of stringy mucus of a saltish taste : Further, when the disease has been neglected, or when, from the phenomena which present themselves at the commencement, we have reason to dread complication, or an extension of the inflammation to the substance of the lungs,—there will be additional reason for administering Phosphorus. (See *Pneumonia*.)

Pulsatilla (in sol., 3—6 h.). Respiration short, accelerated, and impeded, attended with rattling of mucus, heat in the chest, and anxiety ; hoarseness ; shaking cough ; worse towards evening, at night or in the morning, accompanied with considerable expectoration of tenacious, or thick, yellowish mucus, sometimes mixed with blood ; cold in the head, with copious discharge of *thick* discoloured mucus.

Sepia (in sol., 6—12 h.) may be selected in preference to Pulsatilla, when the expectoration is *very copious*, though somewhat difficult, and of a *salt taste* ; exacerbation of cough in the morning and towards evening,—followed by Stannum ; if still profuse, but more easy, *greenish*, and less saline, or of a *sweetish* taste.

Lycopodium (in sol., 6—12 h.), when the cough is materially worse at night, and attended with thirst, quickness of pulse, but moist skin, or tendency to sweat ; expectoration yellowish gray, and of a saltish taste ; oppression at the chest.

Mercurius vivus (in sol., 6—12 h.). This remedy may occasionally be found useful when the symptoms of bronchitis are found accompanied by excessive perspiration; when the cough is fatiguing, worse in the evening and at night, and excited by a tickling irritation, or sensation of dryness in the chest, with quick, short, oppressed breathing, and louder respiration than ordinary; hoarseness, cold in the head, with watery, acrid discharge; swelling of nose. Dulcamara is occasionally serviceable after Mercurius vivus, when there is a continuance of night sweats of an offensive odour.

Chamomilla (in sol., 2—4 h.) may also be mentioned as a useful remedy in cases of children, after the previous use of Aconite, when a slight degree of whistling still remains; dry cough worse at night, occurring even during sleep.

Ipecacuanha (in sol., 2—4 h.) is also very valuable in the case of children, but generally at a more advanced stage of the disorder, with mucus rattling in the chest, and when on coughing they are almost suffocated by the excessive secretion of mucus, and become livid in the face; shortness of breath, and perspiration on the forehead after each fit of coughing.

Tartarus emeticus is chiefly found useful in those extreme cases where the smaller tubes are clogged with mucus, and suffocation threatens; when the cough suddenly ceases, either from weakness or other causes. A grain of the first trituration should be dissolved in half a tumbler of water and a tablespoonful administered every one, two, or three hours, according to the severity of the symptoms.

Arsenicum (in sol., 4—6 h.) is occasionally of the utmost service in those unfavourable cases in which the pulse becomes very quick, feeble, and intermitting, and the patient is reduced to a state of extreme debility and collapse.

Sulphur (dry) is used in winding up a cure, and preventing the disease running on to the chronic form, or when the expectoration has increased in quantity and become whitish and less viscid.

The most suitable medicines for *Chronic Bronchitis* and the

particular indications for their employment will be found under the head of "Cough."

Palpitation of the Heart.

The causes of this complaint will frequently indicate the remedies; it is generally produced by violent emotions of the mind, or by the use of ardent spirits; drinking cold water, particularly before going to bed, and eating but little in the evening is the best remedy for young people. Persons who are troubled with this complaint usually sleep better on the right side than on the left, and prefer to have the head rather high.

If it is caused by vexation, give *Chamomilla* (dry); by fear, *Veratrum* (dry); by joy, *Coffea* (dry); by sudden fright, *Opium* or *Coffea* (dry); by great agitation and anxiety, either *Opium* or the smell of a bitter almond crushed will be found to be beneficial; by flatulence, *Pulsatilla* (dry).

A sudden attack of palpitation with coldness of the surface and pale face may be relieved by spirits of camphor, a drop on sugar every five minutes.

With pregnant females, when connected with weakness of the nervous system, when it returns frequently, give, from time to time, a very little old wine. During the attack it is sometimes better to give a spoonful of hot water, particularly when the skin is very dry. Females of a pale complexion may experience some benefit from smelling vinegar. Those who are subject to this complaint should drink no coffee or tea.

For phlethoric persons *Aconite* (in sol., 6—12 h.) is generally best; after this, *Nux vomica* (in sol., 12—24 h.), or *Belladonna* (in sol., 12—24 h.). With persons of weak nerves, *Ignatia* (dry), and when worse on lying on one side, *Pulsatilla* (dry).

China (in sol., 6—12 h.), is most suitable for persons who have been much weakened by the loss of fluids.

Staphisagria (in sol., 6—12 h.), in palpitation occurring in persons weakened by tedious and exhausting diseases.

Belladonna (in sol., 6—12 h.), when the palpitation of the heart produces a tingling sensation in the head, when the chest

feels full, or when there is an uneasy and throbbing sensation in it, particularly in females, after confinement, or when the milk fails, or after weaning. In the latter case give China (dry) some time after.

Sulphur (in sol., 12—24 h.) for the same symptoms as the latter, when that proves insufficient; especially if the palpitation is consequent upon the suppression of an eruption, or the healing of an old ulcer. Also, when going upstairs, or ascending a hill has occasioned palpitation for a considerable length of time.

Arsenicum (in sol., 12—24 h.) may be given after Sulphur when the latter does not suffice, particularly when caused by suppressed eruptions or ulcers. It is also serviceable when the palpitation comes on during the night, with great agitation, is very violent, with burning heat in the chest; with difficulty of breathing, and is worse when lying down, better when in motion.

Veratrum (in sol., 12—24 h.), is suitable in cases similar to the latter, when accompanied by difficulty of breathing and agitation; particularly if better on lying down, and worse when rising or in motion. For chronic palpitation of the heart, when the remedies prescribed give only temporary relief, apply to a homœopathic practitioner, and submit patiently to medical treatment, even though no decisive advantage be immediately perceived, otherwise an incurable disease of the heart may be the result.

Asthma.

The paroxysms of asthma come on at times instantaneously, without giving the patient any warning, at others there is a sense of fulness or oppression at the pit of the stomach—which is probably owing to the presence of flatus in that organ—with a feeling of irritation in the air passages. The paroxysms themselves rarely occur during the day; they usually commence at night and between the hours of ten and two. If the patient be lying down, he immediately rises and remains sitting up, experiencing a sense of violent constriction over the whole chest; the arms are thrown back to facilitate inspiration; the shoulders are raised

and the head is often violently straightened on the neck; the patient lays hold of any object that may afford him support; the inspirations are quickly performed, and after each expiration there is a distinct pause before the next inspiration is performed, as though the patient had to make an effort of the will before breathing again; the patient requests the windows or door to be thrown open, that more cool air may be admitted. The face is pale, sometimes livid; the eyes anxious and projecting; there is usually a small, frequent, and dry cough, and the body covered with a profuse, cold perspiration. There is frequently more or less disorder of the stomach, and vomiting is not an uncommon occurrence.

An attack of asthma of the nervous or spasmodic kind usually lasts about three or four hours; after which the symptoms gradually abate.

The difficulty of breathing diminishes, the cough becomes more free, and the expectoration usually more copious, the matters expectorated are colourless, transparent and viscid, with a salt or sweetish taste: the countenance resumes its natural expression gradually, and the patient, exhausted, falls asleep. On awaking he may find himself entirely restored, but there is generally some difficulty of breathing, with pains about the region of the stomach—which may continue through the following day and be succeeded by another paroxysm the next night. Asthma has been divided into several varieties, the principal, however, are the nervous or spasmodic, and the catarrhal or mucous. In the former the attack is usually sudden, violent and of short duration, the expectoration scanty, appearing only at the termination of the paroxysm, and in some instances entirely wanting. In the latter the paroxysm is gradual and protracted, the expectoration begins early, and is at first viscid and scanty, afterwards copious and productive of great relief to the patient.

The *causes* that give rise to paroxysms of asthma are various, atmospheric changes, odors of different kinds—agreeable and disagreeable—smoke; dust; irritating gases; metallic and other particles floating in the air; chamomile tea; Ipecacuanha;

vapour of sulphur, &c., have all been enumerated as exciting causes. Also irregularities of diet, especially taking food in too great a quantity or of improper quality; abuse of alcoholic liquors; the suppression of any accustomed discharge; over-exertion and mental emotions. Asthma attacks all ages, but is more frequent in advanced than in early life, and in men than women. It is rarely fatal.

Treatment.—In sudden attacks of asthma relief may be obtained by immersing the hands in warm water, or by the application of dry cups to the abdomen, in the manner recommended under “Hemorrhage from the Lungs.” Bandaging the arms above the elbow is often beneficial, the left arm first and afterwards, if necessary, the right, and the lower limbs.

When the attacks originate from the use of chamomile tea or Ipecacuanha, &c., smelling camphor or sweet spirits of nitre, or taking a little coffee without milk will generally afford relief. If caused by inhaling the vapor of sulphur, Pulsatilla is the best remedy.

For attacks which come on immediately after meals, or after a nap, when the patient cannot breathe, draws and stretches the neck as if suffocating, the throat feeling dry and too narrow, without much agitation, chewing a little ginger, mixed with sugar, will be beneficial.

Weak aniseseed tea, a teaspoonful taken at a time, especially in the evening, is sometimes of benefit when the attack is brought on by a cold, and is accompanied by dry cough.

Persons subject to this complaint should take plenty of warm drinks, and brush and rub the body frequently; they may be benefitted, also, by smoking tobacco every morning.

A very severe attack of asthma may frequently be greatly relieved by causing the patient to inhale the fumes arising from the slow combustion of blotting-paper soaked in saltpetre.

Attacks of asthma as well as other pulmonary diseases which are brought on by inhaling fine dust, as frequently happens with stone-masons, millers, and others engaged in dusty occupations, may be guarded against by wearing something before the mouth

to intercept the fine particles floating in the air. Nature has furnished men with a safeguard from such causes of pulmonary disease in the moustache, which the usages of our country compel our workmen to shave off, much to the detriment of their health, and not at all to the improvement of their personal appearance. All the hair which nature has planted on our face has its uses and its beauties, both of which a false system of hygiene and a perverted taste have conspired to defraud us of.

The remedies which are best calculated to alleviate the paroxysms of asthma and entirely eradicate the disease, however, are the following: *Ipecacuanha*, *Arsenicum*, *Bryonia*, *Nux vomica*, *Belladonna*, *Arnica*, *China*, *Coffea*, *Pulsatilla*, *Chamomilla*, *Veratrum*, *Sulphur*, *Phosphorus*, *Sambucus* and *Lobelia inflata*.

With reference to the particular symptoms,

Ipecacuanha (in sol., 1—2 h.) will be indicated when there is a feeling of constriction about the chest, panting, rattling in the windpipe, as if full of mucus, which seems to be moving up and down; or the patient feels as if the air were full of dust, which prevents his breathing; gasps anxiously for air, and fears suffocation; the face pale, and hands and feet cold. After *Ipecacuanha* it may be necessary to resort to *Arsenicum* to complete the cure, or in some cases *Bryonia*, or *Nux vomica*, will be best adapted to this purpose.

Arsenicum (in sol., 2—6 h.), against the most violent attacks of asthma, especially those occurring in consequence of suppressed catarrh, or in persons with weak and narrow chests; when worse about midnight, the breathing becoming more and more difficult, and there is a rattling in the chest, with agitation, moaning, groaning, and uneasy tossing about; or when old people particularly are attacked by it when walking; when there is a pressure at times about the heart, worse upon the least motion or exercise, particularly when getting into bed.

If the attack becomes worse again after the administration of *Arsenicum*, *Ipecacuanha* will be most suitable; or sometimes when the aggravation takes place in the morning, *Nux vomica*.

• *Bryonia* (in sol., 2 h.), is of great benefit after *Ipccacuanha*, particularly when exercise aggravates the disease and when it arises from suppressed eruptions; frequent coughing and sighing; the paroxysms come on at night and are attended by pain in the bowels, with inclination to evacuate.

Belladonna (in sol., 2 h.), is most suitable when the attacks are made worse by motion and the patient is notwithstanding unable to rest; the paroxysms worse by spells; the respiration at times deep and full, at others quick and hurried, accompanied by a dry cough and fulness of the chest.

Arnica (in sol., 2 h.) is indicated when not only exercise, but even speaking or blowing the nose aggravates the symptoms; the respiration heaving and oppressed, with shooting pains in the chest.

China (in sol., 2 h.), when there is whistling and wheezing in the chest during inspiration; the phlegm on the chest threatens to suffocate the patient. If the attack begins on waking at night; inability to breathe, unless when lying with the head very high; the patient perspires easily, and is liable to take cold.

Coffea (in sol., 1—2 h.) in very sensitive persons who are liable to attacks of asthma in consequence of mental emotions; when inspiration can only be performed in short jerks, with agitation, uneasiness, heat, perspiration. If this does not give relief in attacks of this kind, it may be followed by *Aconite*, or these remedies may be alternated. *Pulsatilla*, too, at a later period, may be of service for timid, fretful patients; and *Nuxvomica* for those of a violent, passionate temper. If mortification or suppressed vexation is the cause, *Ignatia*; if violent vexation and anger or quarrelling, *Chamomilla* will probably be indicated.

Chamomilla (in sol., 2 h.) is also serviceable when there is frequent inclination to cough, without actual coughing, with great pressure about the chest and heart, or when the patient cannot perspire.

Pulsatilla (in sol., 2 h.), especially in females or persons of

mild character, and the attack is attended with giddiness and weakness in the head, drowsiness, palpitation of the heart, heat in the chest; the breath seems to be stopped in the lower part of the chest.

Sambucus (in sol., 1—2 h.), quick and laboured respiration, with loud wheezing; sense of weight on the chest, with anguish and dread of suffocation; swelling and blueness of the face, and hands; heat, trembling; inability to speak above a whisper; cough suffocating; the symptoms are aggravated by lying down.

Lobelia inflata (in sol., 2 h.) is one of the most efficacious remedies in paroxysmal asthma; the indications for its employment are: oppression and general constriction of the chest; respiration short and laborious; sensation of fulness in the chest; frequent short dry cough.

Sulphur (in sol., 3 h.) is a valuable remedy both in acute and chronic asthma, its chief indications are: short wheezing, obstructed respiration with anxiety and fear of suffocation; the attacks come on when lying down at night, or during sleep; sensation as if the chest were contracted; rattling of mucus in the chest; fulness, and pressure as if from a stone on the chest; cough sometimes dry and fatiguing, at others moist, with profuse expectoration of thick whitish or yellowish mucus; blueness of the face and inability to speak; and palpitation of the heart.

Phosphorus (in sol., 2—3 h.) is useful when the oppression is referred to a limited portion of one lung, at which point much wheezing is heard, when the attack comes on at night or towards morning, is apparently caused by some over-exertion or exposure the previous day, and when the expectoration is serous, filled with very minute air-bubbles, and either yellowish or brownish.

Veratrum (in sol., 1—2 h.) is often suitable after *Ipecacuanha*, *Arsenicum*, *China*, *Arnica*; particularly when the patient is almost suffocating. Also, if worse when sitting up, and when in motion, with pain in the side, a hollow cough at times; when a cold perspiration breaks out, or when the face and limbs become cold; particularly when partial relief is obtained by lying quiet.

Pleurisy. Pleuritis. (Inflammation of the Pleura.)

An inflammation of the serous membrane lining the chest—*Pleura costalis*—and which is reflected over the lungs—*Pleura pulmonalis*—is called pleurisy.

The chief characters of this disease are acute pain in the side or some part of the chest; cough; difficulty of breathing and fever. Pain is one of the most constant symptoms, yet there are cases of what is termed *latent pleurisy*, occurring chiefly in old persons, and those enfeebled by disease, in which neither the pain nor general symptoms may excite more than suspicion; and notwithstanding pleurisy may have existed for a long time. Such cases can only be detected by an experienced and skilful physician by means of the physical signs. The pain is most commonly felt in the region of the nipple on one side or the other, and it is generally of an extremely lancinating character, aggravated at the slightest attempt at inspiration, similar to what is perceived in a slighter degree in ordinary stitch in the side. It may however be referred to the margins of the ribs, the armpits under the breast or collar bones, &c. Inspiration, coughing, lying on the affected side, the motions of the body, and when the inflammation is seated in the *pleura costalis*, pressure on the spaces between the ribs, commonly aggravate it; so that the patient makes short and repeated inspirations and dreads the slightest mechanical change from the movements referred to.

Usually in pleurisy pain exists from the first; but it may not become fixed and constant for a few days. After this takes place, it is for some time excessively severe, and then gradually diminishes in violence, becomes dull, or may cease entirely before the termination of the disease.

The difficulty of breathing in the beginning is entirely owing to the pain; the slightest movement of the ribs exciting the severest torture. When it continues after the pain has abated or ceased, it is owing to the effusion of plastic lymph or serum into the cavity of the pleura and the consequent compression of

the lungs. The degree of dyspnœa will of course depend upon the quantity of fluid effused.

The cough is a very uncertain symptom, being in some cases extremely annoying and in others entirely wanting. It is usually short and dry, and never occurs in fits or paroxysms.

The position of the patient in bed is, in the majority of instances, on the back ; and a change to the sound side, if there be much effusion, increases the pain very materially. The rule generally is, however, that the position is at first on the healthy side, but at an after period, when effusion has taken place, it will be on the diseased side. But there are numerous exceptions to this. In many cases after the pain has ceased, and copious effusion has occurred, the position is on the sound side.

There is usually in inflammation of the pleura a hot and dry skin and fever, the latter at times being exceedingly high with a hard and frequent pulse.

The existence of acute pleuritis will generally be indicated by the above symptoms taken collectively : yet there are cases in which they may nearly all be wanting, and where the existence of the disease can only be detected by a recourse to the physical signs, auscultation and percussion, which, as already remarked, can only be satisfactorily employed by an experienced and skilful physician.

The *causes* of pleurisy are the same as those of other active internal inflammations ; one of the most frequent perhaps is exposure to sudden vicissitudes of temperature, especially in cold damp seasons, hence it is more frequently met with in the months of spring and autumn and among males than females.

It may likewise be induced by severe physical labour, and by mechanical injuries of the chest, as severe contusions, wounds, fracture of the ribs, &c. Diseases of the lungs also occasion it. Thus it occurs in most cases of pulmonary consumption at some stage of that disease, and in inflammation of the lungs it is a common complication.

No sex or age is exempt from attacks of pleurisy ; it occurs in

the youngest infants as well as in the robust and the most aged and decrepid.

Treatment.—When well managed, pleurisy is by no means a dangerous disease. Recovery takes place in a large majority of cases. Bleeding which is almost universally resorted to by practitioners of the old school is entirely unnecessary, and in many instances injurious, as it often lays the foundation of dropsies, consumption, and many other diseases, which the most intelligent and skilful physician finds it difficult or impossible to cure.

The disease may generally be easily managed by a proper selection and administration of the following remedies: Aconite, Bryonia, Arnica, Sulphur, Belladonna, Mercurius vivus, Phosphorus, Kali carbonicum and China.

Aconite (in sol., 2—3 h.) is the chief remedy in subduing the febrile symptoms in this complaint, and in most instances it is sufficient to effect a complete cure. The medicine should be continued until the pain, heat, thirst and cough have sensibly diminished; or if this should not be accomplished in from eight to twelve hours it will be necessary to select another remedy. Generally Bryonia or Sulphur will be most appropriate.

Bryonia (in sol., 3—4 h.) may advantageously follow Aconite after the reduction of the febrile symptoms by the latter. And it is especially indicated in the following symptoms occurring either in acute or chronic pleurisy:—Acute shooting pains in the chest increased by inspiration or movement of the body; dry cough or cough followed by expectoration of yellowish, dirty or bloody mucus; oppressed respiration; yellowish tongue; palpitation of the heart; constipation; bitter taste, nausea, and sometimes vomiting of mucus, aching in the limbs; hot skin, violent thirst, cough when lying on the right side.

Sulphur (in sol., 4—6 h.) will be especially serviceable after Bryonia when that medicine has removed the pain, if there is still some sensitiveness remaining, particularly on motion and exposure to the air, and will in most cases perfect the cure.

It is useful also in cases of pleurisy complicated with inflam-

mation of the lungs, and may follow or be alternated with either of the previous remedies when they have not entirely removed the fever, or when the disease has continued for several days without marked improvement.

Although these three remedies will in a great majority of cases be sufficient to effect a cure, yet it will in some instances be necessary to resort to one or more of the following.

Belladonna (in sol., 2—3 h.) has been recommended in cases where the fever returns or the pain and difficulty of breathing continue notwithstanding the use of Aconite, and it will also be the best remedy in those cases in which there is violent pain in the head with great heat; incoherent talking, &c.

Arnica (in sol., 2—3 h.) against pleurisy resulting from external injury; also in cases in which the fever has been subdued by Aconite, but there is still some pain and difficulty of breathing remaining.

Mercurius vivus (in sol., 4—6 h.) has been found of service in cases where the fever has diminished but is not entirely subdued by Aconite; and where there is still a good deal of pain and oppression accompanied by exhausting sweats.

Arsenicum (in sol., 6—12 h.) is of most value in protracted cases where there is extreme prostration of strength, and where the breathing is painfully oppressed and asthmatic.

Phosphorus in cases complicated with inflammation of the lungs and bronchitis; for its particular indication consult those articles and also Cough.

China (in sol., 6—12 h.), chiefly in those cases in which bleeding has been resorted to and the patient is in consequence very weak and debilitated. It will aid in restoring the vital energies, and may in some instances be followed with advantage by Ferrum acct.

Kali carbonicum, Lycopodium and Arsenicum are the remedies chiefly to be relied on in chronic cases of pleurisy, where through neglect, bad management, or constitutional predisposition, there is danger of pulmonary consumption being developed, with purulent expectoration, protracted cough, dropsical swellings, &c.

The best remedies for removing the serous effusion that often remains long after the inflammation is gone, and that sometimes attains a great extent, especially in the latent form of the disease, are Sulphur, Arsenicum, Ferrum and China. (They should be given dry, 1—2 d.). Change of air, absence of excitement, and remission of labour, are generally absolutely necessary to obtain a perfect cure.

Pleurodynia. Pseudopleuritis. False Pleurisy.
Stitch in the Side.

This painful affection, which is often mistaken for true pleurisy, and which is frequently accompanied by many of the symptoms of that disease, may be distinguished from it by the following characteristics. The pain comes on suddenly in some part of the chest, generally in the side, like a stitch, and at times continues very violent for awhile and then passes off. At others it is of longer duration, and may continue for several days, causing great suffering to the patient. It is usually, too, unaccompanied by febrile symptoms and by cough; there is generally also more or less soreness on pressing the muscles of the chest. These symptoms, with the aid of the physical signs, will always enable the practitioner to discriminate satisfactorily between the two diseases.

Treatment.—Arnica (in sol., 1—2 h.), in the majority of cases, is the principal remedy, and is occasionally sufficient to effect a speedy cure after a single dose. In other instances, however, the disorder does not yield so readily, and one or more of the other remedies enumerated below must be had recourse to.

Bryonia (in sol., 1—2 h.). When the pain is of an *acute darting* description, as if from a sharp instrument running into the side, and is occasionally almost insupportable during *inspiration* or even the slightest movement of the body; and when the patient is of a nervous or bilious temperament.

Pulsatilla. This remedy is frequently very useful in alternation with Arnica 2—4 h.; it is more particularly indicated when the pain is occasionally of a *fugitive* character, moving from one

part of the chest to another, becoming increased towards evening, and sometimes experienced more during expiration than inspiration.

Nux vomica (in sol., 2—3 h.). Shooting pains in the sides increased by the *respiratory movements* of the chest; especially when the affection occurs in hypochondriacal subjects, or in those who are addicted to indulgence in vinous or spirituous drinks. It is, moreover, one of the best remedies in this complaint; the characteristic indications are as follow, and shew a marked resemblance to the symptoms which are so frequently met with in, and are in some respects peculiar to *pseudo-pleurisy*; stitch in the side, or shootings, with *painful sensibility of the external parts of the chest*, but particularly of the *intercostal spaces*, aggravated by any movement, and especially by taking a deep inspiration, yawning or stretching.

Inflammation of the Lungs (Pneumonia. Pneumonitis).

This disease consists in an inflammation of the parietes of the pulmonary vesicles or air cells, or of the intervesicular cellular tissue, or of both combined. It is usually divided into the *acute*, the *chronic*, and the *typhoid*.

1. ACUTE INFLAMMATION OF THE LUNGS.

The principal symptoms of this variety of pneumonia are fever, cough, tenacious, bloody or purulent expectoration, and shortness and difficulty of breathing.

The fever is generally preceded by shiverings and chills, and is at times very high, with a hard, wiry, and rapid pulse, and pungent burning skin. The cough at the commencement of the inflammation is dry, short, and distressing, and if the attack has been preceded by some irritation of the bronchia may be attended by expectoration of mucus. Usually, however, about the second or third day of the disease the matter of expectoration assumes a reddish or *rusty* appearance which is characteristic. It consists of mucus intimately mixed with blood. Although the rusty expectoration when present always indicates the existence of pneumonia, yet it is by no means constant.

The disease may occur without any characteristic expectoration, or without any at all, though this is rare. The matter of expectoration as the disease progresses, changes and becomes more copious, dense and transparent, and so tenacious that it adheres to the sides of the vessel, and so remains until the disease is about to terminate; when, if the termination is favourable, the red colour and great tenacity disappear. If the contrary, it becomes watery and small in quantity, is discharged with difficulty, or it may be suppressed entirely.

The difficulty of breathing in pneumonia is less than in pleurisy and bronchitis. When however, as occasionally occurs, there is great oppression of the chest, anxiety of expression and blueness of the face with sense of suffocation, a fatal termination is to be apprehended.

In inflammation of the lungs the *pain* is less severe than in pleurisy, in some instances indeed it is almost or entirely wanting. It is most severe at the commencement, and may be felt in various parts of the chest. Coughing, inspiration, lying on the affected side, and change of posture increase it. When the inflammation has reached its height and the portion of the lungs affected has become quite solidified or *hepatized* as it is termed, the pain and difficulty of breathing usually cease almost entirely, and the patient feels much relieved, but we should commit a fatal mistake to believe that this relief indicates a cessation of the disease; on the contrary, auscultation and percussion now shew us the full extent of the evil, and the most dangerous stage of the disease has yet to be passed through. It is this remission of pain and dyspnoea that renders this disease such a dangerous one for a non-medical person to treat, for if the disease is not recognised, or thought to be on the mend when it has nearly attained its climax, much harm may be done by neglect of the proper means for effecting its perfect cure; and the non-medical practitioner may sometimes have the mortification to find his patient slip through his fingers when he fully believed the disease was on the decline. In all cases of cough, with pain in the chest, difficulty of breathing, and especially if

there is rusty or serous expectoration, no time should be lost in sending for a skilful practitioner.

Pneumonia rarely takes place without the pleura being more or less involved; when the latter is unaffected there is a feeling of contraction, a kind of weight and sensation of heat is experienced in the chest.

The patients usually lie on the side affected or on the back; perhaps most generally on the latter.

These symptoms will generally be sufficient to point out the existence of acute inflammation of the lungs; when any difficulty or obscurity presents itself, however, it will be necessary to resort to the physical signs, which, as remarked under pleurisy, can only be ascertained satisfactorily by an experienced physician.

Inflammation of the lungs occurs at all ages. Both males and females are subject to it, though the former more so than the latter after the period of childhood is past. This is owing to the more exposed life of men than women.

The average duration of pneumonia is from twelve to twenty-four days, though recovery may take place in some cases in three or four days, or it may be protracted in others for months.

Treatment.—Aconite, Bryonia, Rhus, Sulphur, Phosphorus, Tartarus emetic., and sometimes Belladonna, Mercurius vivus, Arsenicum, Opium, Lycopodium and Hyoscyamus are the remedies which will be found most successful in effecting a cure.

Aconite (in sol., 2—3 h.) will mostly be indicated in the first stage, if the inflammation is of a high grade, with hot burning skin, hard, small and frequent pulse, hot breath, violent thirst; either accompanied or not by pain in the chest.

Bryonia (in sol., 4—6 h.) is especially serviceable after Aconite, when the fever has abated under the influence of that remedy, and also from the beginning in alternation with it when the following symptoms are present: cough, with expectoration of tenacious mucus of a reddish or *rusty* colour; great difficulty of breathing, and acute shooting pain in the side or chest; rheumatic pains in the limbs or in the muscles of the chest; pain

increased by movement; yellowish or dark coated tongue, and constipation.

Phosphorus (in sol., 4—6 h.) has been highly recommended in every stage of the disease of late years. It would appear to be best adapted to persons with weak conformation of the chest, who are subject to repeated attacks of inflammation, and especially those of a fair complexion.

Belladonna (in sol., 3—4 h.) will be useful after Aconite if the fever returns, after having been subdued by that remedy, and the oppression and pains in the chest continue, especially if the pain is felt at the lower and middle portion of the chest; the expectoration bloody, scant and difficult; great thirst; flushed face; cracked and dry tongue and lips; restlessness; pain in the head and delirium.

Hyoscyamus and Opium (in sol., 4—6 h.) will sometimes be indicated after Belladonna, especially when the head is much affected.

Mercurius vivus (in sol., 4—6 h.) when the fever is not so active as to require Aconite or Phosphorus, or when it has been lessened by those remedies; the pain and difficulty of breathing still continuing, with profuse night sweats, which greatly debilitate the patient; the pulse weak but frequent.

Tartarus emetic. (1st trit., in sol., 4—6 h.) will be of advantage after the reduction of the fever, when there is oppression of the chest, with little or no pain; scanty expectoration of viscid mucus; with great weakness, and particularly when there is gastric complication, disposition to vomit or vomiting of mucus.

Sulphur (3rd trit., in sol., 8 h.) will have the preference in the latter stages of pneumonia, when there is danger of it running into pulmonary consumption, with profuse purulent expectoration, shortness of breath, &c.; also in complications with pleurisy, and obstinate constipation.

Arsenicum (in sol., 6—8 h.) in cases in which there is great debility, with diarrhoea, clammy sweats, anxious expression of countenance, &c.

Rhus tox. (in sol., 6 h.), in cases where there is great congestion with palpitation of the heart, restlessness, redness of the face, &c.

China (in sol., 6 h.) will be requisite when bleeding has been resorted to, and the strength of the patient is in consequence very much reduced; and also in alternation with *Lachesis* and *Arsenicum* in cases of threatened mortification of the lungs, with extremely offensive expectoration and breath.

Lycopodium (in sol., 8—12 h.) when the fever has been subdued but the expectoration is copious and mixed with pus, and there is great debility with copious night sweats, will frequently produce a favourable change.

The diet ought to be carefully attended to during the continuance of the disease and for a week or two after recovery. The food should be of the simplest kinds, and partaken of sparingly. The drinks should consist of water, toast-water, rice or barley water sweetened with sugar.

2. CHRONIC INFLAMMATION OF THE LUNGS.

This form of pneumonia is of rare occurrence as an original disease. But it is by no means rare, as an accompaniment of tuberculous disease of the lungs, in which case its seat is usually in the upper part of the lungs and very limited in extent, whereas acute pneumonia not dependent on tubercles is more frequently met with at the lower part of the lungs and often involves a whole lung. It may also occur in the course of chronic bronchitis.

The symptoms resemble those of acute inflammation of the lungs; but are less violent, the fever and pain is usually but slight; the cough and difficulty of breathing, however, may be considerable. The expectoration but rarely presents the characteristic rusty appearance of the acute form, but may be viscid, white or yellowish, purulent or streaked with blood.

Treatment.—*Phosphorus*, *Mercurius vivus*, *Conium maculatum*, *Sulphur*, *Lycopodium*, *Tartarus emetic.*, *Kali carbonicum*,

Rhus tox., Arsenicum, Bryonia, Causticum, &c., are the medicines which are most generally indicated in the treatment of this affection. For their particular application consult "Bronchitis," "Cough," and also "Acute Inflammation of the Lungs," under their respective heads.

3. LATENT PNEUMONIA. PERIPNEUMONIA NOTHA.

In the first of these, *latent* pneumonia, extensive inflammation may exist, without giving rise to difficulty of breathing, cough, or the characteristic rusty expectoration, and even auscultation may afford no sign of its presence. It commonly occurs in the course of other diseases.

The treatment will of course be modified by the particular character of the disease with which it is connected.

The latter, *peripneumonia notha*, is found chiefly in old persons, and receives its name on account of the more rapid prostration with which pneumonia is attended in them than in adults. The same term has been applied to chronic bronchitis of old persons. The latter affection is indeed very apt to be complicated with pneumonia, giving rise to great difficulty of breathing.

The approach of peripneumonia notha is insidious, sometimes it may commence like an ordinary attack of catarrh, at others it is merely preceded by a feeling of general prostration.

The pulse is soft but quick; the pain is slight and usually felt only in the side like a stitch on taking a deep inspiration; there is great weight or oppression on the chest, with rapid and laborious breathing. The cough from the commencement is loose and almost constant, usually occurring in short quick jerks; the expectoration is of white or yellowish mucus, and generally streaked with blood from the first.

These symptoms increase rapidly, the voice becomes weak and low, and sometimes lost entirely; the slightest effort at speaking or exertion of any kind brings on violent attacks of coughing. Usually towards morning there is some remission of the fever with moist or clammy skin, and sometimes sweating, without

however relieving the patient. The head is generally less affected in this than in the acute form of pneumonia, notwithstanding there is considerable agitation of the nervous system.

Treatment.—The medicines which are mostly to be relied on in the treatment of this affection are: Aconite, Mercurius vivus, Belladonna, Carbo vegetabilis, Chamomilla, Phosphorus, Nux vomica, Ipecacuanha, Veratrum and Arsenicum.

Aconite (in sol., 2—3 h.), at the commencement of the disease if there is considerable fever, will be required and will in many cases afford relief.

Mercurius vivus (in sol., 3—4 h.), if there has been some improvement from the use of Aconite, but the patient has become worse again; and in many cases from the very commencement, especially when there is nocturnal perspiration, or cold, clammy skin, will be beneficial.

Belladonna (in sol., 4—6 h.) will follow Aconite and Mercurius advantageously, when these remedies have produced more or less improvement, particularly if there remains a dry, hacking cough, accompanied by a constriction of the chest, which obstructs respiration and produces a sense of suffocation.

Carbo vegetabilis (in sol., 4—6 h.) will frequently be useful if the foregoing remedies have caused but little or no improvement, and the patient is greatly debilitated, the pulse scarcely perceptible, the skin and breath cold, and the expectoration occasionally of a reddish brown colour.

Phosphorus (in sol., 6—12 h.), if there is a feeling of oppression or dull weight in one side of the chest, and the expectoration is rusty-coloured or yellowish.

Chamomilla (in sol., 6 h.) is suitable in cases where the dangerous symptoms have been subdued, but the breathing is still difficult and attended by a whistling or wheezing sound; it may, if necessary, be followed by Nux vomica.

Ipecacuanha (in sol., 6 h.) may be given after Mercurius if the respiration is very rapid and difficult, and the latter remedy fails to afford relief. It may be repeated several times.

Veratrum (in sol., 3—4 h.) will sometimes be serviceable when

the extremities become cold, the constriction of the chest and difficulty of breathing increasing.

Arsenicum (in sol., 2—3 h.) must be resorted to when the patient is apparently in the last stage of the disease, with great prostration of strength and sinking of the vital energies, and will sometimes be successful in restoring apparently hopeless cases.

In cases where, after the subsidence of the febrile symptoms, profuse purulent expectoration sets in, *Mercurius vivus*, *Hepar*, *Sulphur*, *China*, *Dulcamara*, and sometimes *Pulsatilla* will be of service to check the discharge and prevent a fatal termination of the disease in rapid consumption.

4. TYPHOID INFLAMMATION OF THE LUNGS.

Typhoid pneumonia is often extremely insidious in its approach, the symptoms being so slight that no serious mischief is suspected, till suddenly the supervention of oppression, with great difficulty of respiration, and irregular motions of the chest set in, and death takes place in a very short time from congestion of the lungs. The patient, however, generally complains of severe headache, loss of appetite, and inability to sleep for a day or two, and is then suddenly taken with a chill. This is followed by more or less oppression of the chest and shortness of breath, with slow fever, the pulse weak and quick, some heat of surface, the urine high coloured and scanty. As the disease progresses, the mind of the patient begins to wander; he talks and mutters continually, yet when questioned answers correctly.

The pulse becomes irregular; the respiration still shorter, unequal and rattling; the evacuations take place involuntarily or are sometimes suppressed entirely; the face assumes a grayish hue, the nose is dry, the lips and tongue dry, black and cracked, and the forehead is covered with a clammy perspiration. The cough, even in the beginning of the disease, is generally slight, and the expectoration, if any, white or yellowish, and but seldom mixed with blood.

This disease is frequently complicated with others, and is

masked by the particuar symptoms with which they are attended. The complication with gastric and bilious fevers is the most frequent. Hence it is in many places known under the name of *bilious pleurisy* or *bilious pneumonia*.

The head being almost always affected before any of the pulmonary symptoms make their appearance, has caused the name of *head pleurisy* to be sometimes applied.

Cold plague is also another name given to those violent eases which are suddenly taken with a chill and cold skin, and often die without reaction taking place.

A favourable indication during the course of the disease is the breaking out of a general odorous perspiration over the whole body, or the appearance of small shining grains in the urine.

Treatment.—In the treatment of typhoid pneumonia, Opium, Arnica, Veratrum, Arsenium and Sulphur have been used with most advantage.

Opium (in sol., 3—4 h.) is the remedy which will generally be found most appropriate in the commencement or as soon as the character of the disease is clearly established. It may be repeated two or three times.

Arnica (in sol., 4—6 h.) should follow Opium if the latter does not produce a favourable change.

Veratrum (in sol., 2—4 h.), if the foregoing remedies effect no improvement, and the patient becomes exceedingly weak, with clammy perspiration on the forehead; difficult, unequal and rattling respiration, and coldness of the extremities.

Arsenium (in sol., 2—4 h.) may be given after Veratrum, if the weakness and rattling respiration increase, the pulse become irregular, very small and quick, the complexion earthy, the tongue dark brown or black, and dry. These two remedies may be given alternately at intervals of two, four or six hours, according to the urgency of the case, and they will frequently be found to effect a decided improvement.

Ipecacuanha (in sol., 3—4 h.) will sometimes be of advantage after or in alternation with Veratrum, in cases in which the

latter seems to be of but little service. After Ipecacuanha, Arsenicum is frequently useful.

Sulphur (dry) should be administered if the improvement from any of the foregoing remedies be but temporary; and then again, Veratrum, Opium, Arsenicum (dry), or any one of them which had previously been followed by a marked degree of improvement.

Belladonna (dry) will remove temporary attacks of blindness, occurring in the course of the disease.

Natrum, muriaticum (dry), will sometimes remove the increasing weakness and prostration of strength, after the failure of Arsenicum and the other remedies, and entirely change the aspect of the disease.

China and Arsenicum (in sol., 6 h.) must be administered alternately, if galling or excoriation take place from lying in bed.

Consumption of the Lungs.

Tubercular Consumption. Pulmonary Consumption.

The symptoms of this complaint vary very much in different individuals, both in the order in which they present themselves and in their severity;—in some cases they are so prominent as to attract the attention of the most careless observer, while in others they are so slight that they may escape the notice even of the physician.

In the *first stage* the symptoms are chiefly those of catarrh,—as, short, frequent and irritating cough, which is commonly referred to a tickling sensation in the throat, languor, debility, some shortness of breath, and sometimes hectic fever and emaciation. The expectoration, if there be any, is of nearly transparent mucus, occasionally containing specks of blood. There is often, too, along with these symptoms pain in some part of the chest, sometimes constant, at others intermittent. It frequently occupies the shoulder joint. The pulse also is commonly accelerated.

The *second stage* is distinguished by the aggravation of all the symptoms of the first. The hectic fever is more marked;

chills occur in the evening, followed by fever and sweats at night; the weakness and emaciation are increased; the expectoration contains small specks of matter of a pale yellowish or white colour, and resembling curds or cheese.

This matter gradually increases in quantity so as to form patches, surrounded by a transparent portion in which they seem to float; if expectorated into water they fall to the bottom.

Streaks of blood also appear in them, and occasionally hemorrhage to a considerable extent occurs. The oppression or pain in the chest may be diminished or absent in this stage, but the shortness of breath is usually increased. Very often severe pains of a neuralgic character appear, both in this and the next stage, in various parts of the body—as the limbs, abdomen, head, &c.

In the *third stage*, sometimes called the *colliquative stage*, in consequence of the wasting produced by the profuse sweats, which are often accompanied by diarrhœa—large caverns exist in the lungs.

The expectoration is generally very copious, and purulent in its character, discharged in large globular masses, often of an ash colour, which being heavier than water, sink in it to the bottom of the vessel. The difficulty of breathing becomes so great as occasionally to threaten suffocation. The feet and ankles swell; the shoulders are elevated and brought forward, and the chest, instead of presenting the natural rounded appearance, is flattened.

These are some of the chief phenomena which are found in the different stages of pulmonary consumption, but as before remarked, the symptoms vary very much in different individuals. And in order to arrive, in many cases, at a satisfactory conclusion in regard to the nature of the disease, it will be necessary to have recourse to auscultation and percussion, which, as stated under pleurisy, can be successfully employed by the practised physician only.

Treatment.—Aconite, Ammonium carb., Arnica, Arsenicum, Belladonna, Calcarea carb., Carbo vegetabilis, Bryonia, Dulca-

mara, Ferrum met., Hyoscyamus, Kali carb., Mercurius vivus, Stannum, Lycopodium, Phosphorus, Nitric acid, Rhus tox., Silicea, Senega and Sulphur, will be indicated and productive of much benefit in the first and second stages. In the third, that of purulent expectoration, Calcarca carb., Carbo vegetabilis, China, Conium, Dulcamara, Ferrum met., Hepar s., Kali carb., Lachesis, Lycopodium, Mercurius vivus, Nitric acid, Phosphorus, Sambucus and Sulphur, will be found to be most serviceable.

Cod's liver oil, in doses of a dessert or table spoonful taken after a meal, will be found very useful in preventing or retarding the excessive emaciation that attends this disease.

With regard to the particular symptoms governing the administration of the medicines, in the first and second stages, see "Cough" and "Hemorrhage from the Lungs" under their respective heads. The limits of this work will not admit of entering more at length into the history, causes, treatment, &c., of this most important disease, neither is it necessary, as its management should always be confided to the care of a homœopathic physician.

Contusion or Concussion of the Chest.

In Part First of this book Arnica is prescribed for injuries of this kind, which is always better than bleeding; in hemorrhage it was observed, under what circumstances Arnica ought to alternate with Aconite, viz.: in cases where the fever continues, is worse in the evening, with a pain, as from an ulcer in the chest; afterwards, if these are insufficient, give Pulsatilla; but if there be cough with expectoration of thick yellow mucus, Mercurius vivus will be the most appropriate remedy; if the expectoration has a sweet taste and the breathing be asthmatic, Nux vomica; if other symptoms, such as a dry, hacking cough, oppressed breathing, pale complexion, bad appetite or sleeplessness, China.

CHAPTER VI.

AFFECTIONS OF THE THROAT.

Sore Throat or Quinsey.

THE various affections producing a troublesome pain in the throat pass under the general denomination of *sore throat*. In order to discriminate accurately amongst these affections, the throat should be carefully examined. Place the patient in the light, near a high window, if possible; let him open his mouth wide and push his tongue forward, while you introduce the handle of a spoon and press down the back part of the tongue, but not with too much violence; by this means the whole of the inside may be examined. Persons not familiar with this simple practice, and who, of course, must needs take a longer time in the examination, should first let the patient open his mouth, hold back his head and put out his tongue, that they may examine the upper part of the throat. Then let him rest awhile, after which let him, a second time, open his mouth wide that a spoon handle may be introduced, and the back of the tongue pressed down gently, so that the uvula with the tonsils and the interior part of the throat are exposed to view. The use of the spoon to press down the tongue may often be avoided by directing the patient to open his mouth wide and draw in his breath forcibly; the tongue then generally goes down and the soft palate goes up during the inspiration. In children, who will generally resist this examination, it is sometimes necessary to put a cork between the teeth; care, however, should be taken that, in pressing down the tongue, no injury is sustained.

Then compare the remarks of the patient, and your own observations, with the symptoms of the medicines recommended.

If the other symptoms are accompanied by hoarseness, look under this head also. When one remedy does not effect a complete cure, it will always be easy to find a second which answers better; at any rate, you will effect much more than with the common domestic remedies.

An excellent domestic remedy for sore throat when it first comes on, and one that is instantly available, is to put two or three folds of linen rag, that has been dipped in cold water, round the neck, and over this a roll of flannel or a long worsted stocking. The patient should go to bed when this is applied, and he will often be surprised and delighted to find that his sore throat is gone by the morning. Men who suffer frequently from sore throat should allow their beard to grow beneath the chin; women should wear fur boas in cold damp weather, but in fine weather the throat should not be much wrapped up. It is good to wash the neck every morning with cold water, and afterwards rub it well.

Gargling the throat with irritating substances is an old and pernicious habit, which has been abandoned entirely, even by the better physicians of the old school. When the throat is dry, swollen and very painful, the patient may inhale the vapor of hot water by holding his mouth over a jug half filled with it.

Aconite (in sol., 2 h.) is frequently of service when the patient experiences difficulty and pain in swallowing or in speaking; when the throat is much more red than usual; and for a burning, pricking, or contracting sensation, accompanied with fever, nervousness, impatience and uneasiness.

Belladonna (in sol., 2—3 h.) will be most suitable when the outside of the throat is swollen, and drinking produces spasms in the throat, the fluids returning through the nose; constant disposition to swallow; pricking pain on swallowing and on touching the throat; swallowing difficult, producing spasms, or entirely impossible; the throat feels as if there were a plug in it; a dry, burning sensation in the throat, and a disposition to hawk up something; when not swallowing, tearing pain extending to the lower jaws, or up into the head; ulcers in the throat, which

appear very suddenly and spread rapidly, tonsils and uvula swollen, and of a bright, sometimes yellowish-red colour, or redness without swelling; violent pains when swallowing and hawking, sometimes even when speaking; pressing, shooting pain in the tonsils, which seem as if they would burst, the glands swollen outside, accompanied by violent fever, and sometimes thirst; profuse salivation, pain in the forehead, and furred tongue. During the prevalence of scarlet fever *Belladonna* is most suitable for sore throat; sometimes it may be given alternately with *Mercurius vivus*.

Mercurius vivus (in sol., 2—3 h.), in cases similar to *Belladonna*, when the latter is insufficient, and the throat continues swollen, very red, or becomes ulcerated. When the ulcers are not painful and come on slowly, *Belladonna* is of no use, but *Mercurius vivus* must be given, and may be sometimes alternated with *Hepar*. In the beginning of the disease it is more suitable than the preceding remedy, if the pricking pains are very violent when swallowing, extending to the ears or to the glands of the throat, and to the lower jaw; when the burning in the throat scarcely allows the patient to swallow, with stitches in the tonsils, and a very disagreeable taste in the mouth, the gums and back part of the tongue swollen, with abundant discharge of saliva; in the evening, chills or heat, followed by perspiration, which does not relieve, uneasiness, or an aggravation of all the symptoms during the night; also worse in the air; accompanied by bad headache and drawing in the neck; after *Belladonna* and *Mercurius vivus* the patient ought to avoid taking cold.

Hepar (in sol., 2—4 h.) is suitable after *Mercurius vivus*, particularly after taking fresh cold; after *Hepar*, *Mercurius vivus* may be given again, if there is no improvement.

Lachesis (in sol., 2—4 h.) may be given when *Belladonna*, *Mercurius vivus*, or *Hepar* seems to be indicated, but does not suffice; if the palate is swelled around the uvula; continual disposition to swallow; profuse salivation; accumulation of phlegm in the throat; bad ulcers; spasms which prevent drinking; the throat is very sensitive to the slightest touch, even to

that of the bed clothes; all the symptoms are worse in the afternoon, sometimes in the morning and always after sleeping. It is particularly suitable for persons who have taken much mercury.

Chamomilla (in sol., 2—4 h.) often answers for children, or when the complaint is caused by a cold, from exposure to a draught of air while in a state of perspiration. And besides the symptoms mentioned under Aconite, for dryness in the throat, with thirst; feeling of obstruction when swallowing and when bending the neck. It appears to the patient as if something were sticking in the throat which he has a constant desire to remove, but cannot; throbbing pain and swelling of the glands of the lower jaw; fever, generally occurring in the evening, either accompanied with heat or with cold, sometimes with a catarrh and tickling in the throat, a pricking pain in the larynx and hoarseness. After taking this remedy, perspiration not unfrequently ensues, which must not be interfered with by giving other medicines.

Ignatia (in sol., 2—4 h.) for cases similar to those mentioned under Chamomilla, when there is a constant feeling as if there were a lump in the throat; a sore spot in the throat when swallowing; acute, shooting pain, which sometimes is experienced only when the patient is *not* swallowing. Fluids are more difficult to swallow than solid food. The same remedy answers when the tonsils are swollen and inflamed, ulcerated or hard. Before however deciding on this medicine, compare what is said under Belladonna and Mercurius vivus, Hepar and Sulphur. For ulcers on the tonsils which do not appear to be deep, give Ignatia and afterwards Lycopodium.

Nux vomica (in sol., 2—4 h.) in cases similar to those mentioned under Chamomilla and Ignatia; especially for a sensation as if there were a plug or lump in the throat, particularly when swallowing; with pains rather pressing than shooting, worse on swallowing the saliva. The throat feels raw and excoriated, or as if scraped and rough; the cold air affects the throat painfully; sometimes the uvula is swollen and red.

Pulsatilla (in sol., 2—4 h.) for the same sensation on swallowing as described under *Nux vomica*, or the throat appears too narrow, as if obstructed from a swelling; redness and sensation of scraping; dryness of the throat without thirst; shooting pains in the throat, worse when swallowing; a feeling of tension in the throat; the glands on the neck are painful when touched; the interior of the throat is more of a bluish red; the fever is unaccompanied by thirst; chilliness in the evening, followed by heat.

Bryonia (in sol., 2—4 h.) when the throat is painful on being touched, or on turning the head; swallowing difficult and painful, as if a hard substance were in the throat; shooting pains and soreness, attended with dryness, or a feeling of dryness, which renders speaking difficult. These symptoms commonly occur after being overheated, or after eating ice or drinking ice-water; they are frequently accompanied by fever, either with or without thirst, and great irritability.

Rhus toxicodend. (in sol., 2—4 h.), for symptoms similar to those under *Bryonia*, except that the pains extend further down, and the patient is more inclined to weep, and when *Bryonia* does not effect a complete cure.

Capicum (in sol., 2—4 h.) for symptoms similar to those previously mentioned; it may be given when the other remedies do not suffice; when the fever continues, with chills and thirst, followed by heat; the pains particularly oppressive, the throat spasmodically contracted; excoriation and ulcers in the throat and mouth, with a sensation of burning; at the same time cough, with violent pain in the throat. It is particularly indicated when the patient wants to be always in bed, and is disposed to sleep; is afraid of the air and cold.

Coffea (in sol., 2—4 h.) for sore throat, accompanied by catarrh, with a disposition to cough; worse in the air; at the same time sleeplessness, heat, great sensitiveness, inclination to weep. It may be given two or three times. It is particularly applicable when pain passes from the side of the palate into the throat, is constant, worse when swallowing; when the soft palate above the uvula is swollen and elongated, feeling as of mucus in

the throat with constant efforts at swallowing, also dryness and heat in the throat.

Veratrum (in sol., 4—6 h.) is indicated when the throat is dry and burns, is very rough and sore, with pressure as if swollen; pain and spasms when swallowing.

Cocculus (in sol., 4—6 h.), when the complaint is seated deeper in the throat, and attended with pain when the food passes, or dryness extending low down, or when drinking produces a gurgling noise.

China (in sol., 4—6 h.), against dryness and pricking in the throat, which is painful when swallowing; the complaint is worse after every fresh exposure to the air; pains which change about, disturb the patient during the night, and return every time he takes cold.

Sulphur (in sol., 6 h.), for frequent or continual sore throat, particularly when the inside of the throat, the tonsils and the uvula are swollen; swallowing is impeded, and besides the usual pains, peculiar pricking pains, or a sensation as if there was a lump in the throat, or the throat were too narrow, with soreness or dryness.

If there should be a round swelling forming on one side of the throat, attended with stitches and throbbing pain, which may indicate an abscess, the suffering may be relieved, and suppuration promoted by the repeated external application of warm lint-seed poultices, and by holding in the mouth warm milk or gruel. The patients, especially children, should be carefully watched during the night, to prevent the danger of suffocation in case the abscess should break.

Silicea, Hepar, Sulphur, Mercurius vivus and Lachesis are the remedies which will be of most service in such cases.

Diphtheria.

This formidable disease, which was unknown in this country until a few years since, attacks chiefly children, though adults are not exempt from it. It commences with symptoms similar to those of an ordinary sore throat, sometimes with, sometimes without fever. Generally the interior of the throat swells very

rapidly and great tumefaction is also observed externally. On looking into the throat we observe, generally on one side only, great swelling of the tonsil and neighbouring soft parts. The swollen parts are intensely red, and at first streaks of white, as if done with a brush containing white paint, are seen traversing the red surface. At one part, usually the middle of the tonsil, a yellow patch, like a bit of wet wash-leather stuck on, may be noticed. This patch gradually increases in size and at length covers all the part where the white streaks were. Large portions of this new growth are occasionally detached and either swallowed or spat out. If the disease goes on unchecked it will spread from the throat to the windpipe, and cause death, either by exhaustion or by suffocation, with all the symptoms of croup. The depression of the vital powers accompanying the disease is usually very great, and unless the patient is kept up with food and stimulants he will sink rapidly. The difficulty and pain of swallowing are generally extreme, and as there is usually little pain except when swallowing, the patient, if a very young child, resists every entreaty to swallow food and dies exhausted in a few days. The urine is albuminous, as it often is after a severe attack of scarlet fever.

The treatment should consist in feeding the patient assiduously with rich soup and port-wine or brandy administered at short intervals. The patches of false membrane on the throat should be touched once or twice a-day with the ordinary tincture of *Muriate of Iron*, applied by means of a camel's hair brush; and the patient should be made to gargle frequently with a mixture of equal parts of glycerine and water. The medicines most efficacious in checking the malady are: *Mercurius iodatus* of the second trituration, half a grain every 2 or 3 hours, and if signs of sinking occur, *Ammonium carbonicum* (in sol., 1—2 h.). Other remedies are often required in the course of this dreadful disease, but the selection of these must be left to the judgment of the medical man, who should be summoned without any delay.

Diphtheria is frequently followed by paralytic affections of various kinds which will require special treatment.

CHAPTER VII.

AFFECTIONS OF THE TEETH.

Toothache. Odontalgia.

PAINS originating in the teeth, sometimes affect other parts of the head, as the lower jaw, the ear, the upper jaw, and the bones of the face; and pains which originate in these parts extend likewise to the teeth. We append therefore "The Faceache" to this chapter. This connection between the different parts of the head show that the cause of the complaint should not always be looked for in carious teeth. Hollow teeth are sometimes painful, because they are affected by disease, but their being hollow teeth does not necessarily produce pain; they may get hollow and decay altogether without any pain whatever; if pain were occasioned by hollowness the tooth would ache continually, while, on the other hand, teeth that are not hollow may pain most violently. What is said of exposed nerves producing pain is nonsense; whoever knows what a nerve is, and will take the trouble to reflect, will soon be convinced of it. Extraction of teeth is only allowable where there exists a fistula, ulcers at the roots, and the like, and as most of these can be cured by homœopathic remedies, it can only be necessary in the few incurable cases, and in children who are shedding their teeth; in all other cases it is a bad remedy, because the root has to be extracted, and this is injurious to the jaw, as the root may remain in it without causing the least pain, when we know how to treat it. Another reason for deprecating the extraction of teeth is, that, as soon as one has been taken out, another begins to decay. When the teeth remain in the jaw, the decay communicates itself but very slowly, except in a few diseases where the decay in a short time destroys all or most of the teeth. But when the disease is of

this nature, extracting does no good, not oven if all the teeth are taken out, for in this case it will attack the jaw. Let no one believe that one tooth can affect another, make it black, and communicate the caries by contact. This is the doctrine of those who get paid for extracting them, but who cannot cure toothache.

Most of the tooth-powders and tinctures sold by perfumers and chemists are injurious. The teeth and gums ought not to be picked much, it is a very injurious habit; be careful in drinking to avoid extremes of hot and cold, and keep the teeth clean by rinsing the mouth every morning and after every meal. Many persons are unable to keep their teeth clean and white without using some kind of tooth-powder. All camphorated and prepared chalk dentifrices should be avoided. A good and innocuous tooth-powder is made by burning stale bread quite black, tritulating it to a fine powder in a mortar, washing it to free it from salts and then drying it. Sugar of milk and the chalky portion of the back-bone of a cuttle-fish are sold by some homœopathic chemists as tooth-powders, but they are not so efficacious as this charcoal for those whose teeth very readily become discolored.

Tartar on the teeth may be got rid of by brushing the teeth with pure white soap. As, however, many cannot bear the taste of soap, we would recommend them to use the tooth tincture prepared and sold by Mr. Walker of Conduit Street, and other homœopathic chemists, which is very efficacious in removing the tartar and in giving the teeth a fine pearly lustre. Those who require to use a tooth-powder also may dip their tooth-brush into this tincture previous to taking the above powder upon it; or after brushing the teeth with the powder they may rinse the mouth with the tincture. Sour cream is also often of use in removing the tartar.

If you have toothache, make a timely selection of one of the following remedies, and in most cases you will find that they give speedy relief. If they do not cure it apply to a homœopathic physician who will prescribe the proper remedies.

The worst of all the common remedies is opium or laudanum. It is always injurious. Pain which has been removed by opium is sure to return with redoubled violence some time or other. But it is very seldom the true remedy, and when it is, the best way to use it is to tie a piece of opium of the size of a pea on the outside of the cheek. Creosote ought to be used with the greatest caution; in many cases it is of no use, for instance, in the case of females in pregnancy, very rarely; in most cases it only allays the pain for awhile, and produces ulcers in the mouth, the throat, and the stomach; the mere introduction of it into the mouth affects the stomach. For persons with weak lungs it is very injurious.

When the toothache evidently depends on the access of the air or of particles of food into the hollow of a decayed tooth, the cavity should be immediately stopped. The best stuffing for teeth is pure gold leaf, as used by the best dentists, but when a good dentist cannot be readily obtained, or when the tooth is too far gone for such an operation, a very good stuffing may be extemporised with gutta percha, as described further on, under the head of "Offensive Breath."

Persons who suffer much from toothache should abstain from the use of coffee altogether; it is generally injurious to the teeth. When homœopathic remedies are used, care should be taken for a long time to avoid every thing that would interfere with their operation.

It ought to be observed that one or two globules taken on the tongue, if it is the proper remedy, or, in some cases, merely smelling the medicine, will give the patient relief. The pain frequently gets worse for a short time after taking the medicine, but wait awhile patiently, and if it begins to abate take nothing more, until there is no longer any improvement. If it get worse again, and the symptoms resemble the first, take the same medicine; if they differ, select another.

As the torture from toothache is so common, and embitters life so much, and as medicines not suitably chosen will prove ineffectual, we will endeavour, as much as possible, to facilitate

the selection of the proper remedy by showing the twofold manner in which it must be found ; namely, first, by comparing the *symptoms* with the medicines adapted to them, and then by comparing the *medicines* with their respective symptoms.

In the first place, take note of every symptom complained of by the patient, and note down also the remedies which are recommended for each ; then examine the symptoms under those medicines which occur most frequently on your list, and see whether they also correspond with the proper symptoms : by these means the proper remedy may generally be easily discovered.

It should be taken into consideration that not all the symptoms mentioned under a remedy are necessarily to be found in the patient, but that all, or at least the greater part of the symptoms of the patient must be found under the remedy selected.

To explain this, we will give the following example. A patient has violent tearing or drawing pains in different places, and tearing in the gums (*a*) ; sometimes tearing pain extending into the head (*b*) ; cold air makes it worse (*c*) ; it is mostly worse in the morning (*d*) ; accompanied by determination of blood to the head. (*e*).

Among the different symptoms, we find for—

a) Pains in the gums : Mercurius vivus, Pulsatilla, Staphisagria, Hepar, Arsenicum, Carbo vegetabilis, Hyoscyamus, Calcarea.

b) Which extend to the head : Mercurius vivus, Staphisagria, Nux vomica, Chamomilla, Sulphur, Arsenicum, Antimonium crudum, Rhus tox., Hyoscyamus.

c) Worse in cold air : Belladonna, Mercurius vivus, Staphisagria, Sulphur, Hyoscyamus.

d) Worse in the morning : Ignatia, Mercurius vivus, Pulsatilla, Phosphoric acid, Staphisagria, Bryonia, Nux vomica, China, Sulphur, Arsenicum, Hyoscyamus.

e) Determination of blood to the head : Aconite, Pulsatilla, China, Hyoscyamus, Calcarea.

After striking out all the remedies that occur here only once or twice you will find that Pulsatilla, Staphisagria, Sulphur, Arsenicum, occur three times, Mercurius vivus four times, Hyoscyamus five times ; now, examine the symptoms under Hyoscyamus, and you will find that Hyoscyamus or Mercurius vivus answers best.

Swelled gums : Aconite, Belladonna, Mercurius vivus, Phosphoric acid, Staphisagria, Nux vomica, Hepar, China, Sulphur, Rhus tox. ; painful gums : Mercurius vivus, Pulsatilla, Staphisagria, Hepar, Arsenicum, Carbo vegetabilis, Hyoscyamus, Calcarea.

Teeth loose : Mercurius vivus, Bryonia, Nux vomica, Arsenicum, Rhus tox., Hyoscyamus ; too long : Bryonia, Arnica, Sulphur, Arsenicum ; blunt : Phosphoric acid, Sulphur, Dulcamara.

Pains particularly in hollow teeth : Mercurius vivus, Pulsatilla, Staphisagria, Nux vomica, China, Antimonium crudum ; also Coffea, Phosphoric acid, Bryonia, Chamomilla, Sulphur, Silicea, Calcarca ; in the whole row of teeth : Mercurius vivus, Staphisagria, Chamomilla, Rhus tox. ; on one side : Mercurius vivus, Pulsatilla, Chamomilla, Rhus tox.

Pains extending to the jaw-bones and to the face : Mercurius vivus, Nux vomica, Sulphur, Rhus tox., Hyoscyamus ; to the cheeks : Bryonia, Silicea ; into the ears : Mercurius vivus, Pulsatilla, Staphisagria, Bryonia, Chamomilla, Sulphur, Arsenicum, Rhus tox. ; into the eyes : Pulsatilla ; into the head : Mercurius vivus, Staphisagria, Nux vomica, Chamomilla, Sulphur, Arsenicum, Antimonium crud., Rhus tox., Hyoscyamus.

With determination of blood to the head : Aconite, Pulsatilla, China, Hyoscyamus, Calcarea ; swelled veins of the hands and forehead : China ; heat in the head : Aconite, Pulsatilla, Hyoscyamus ; burning of the eyes : Belladonna ; flushed cheeks : Aconite, Belladonna, Chamomilla ; pale face : Pulsatilla, Arsenicum ; swelling of the cheek : Belladonna, Mercurius vivus, Pulsatilla, Staphisagria, Bryonia, Nux vomica, Chamomilla, Arnica, Sulphur, Arsenicum.

With much discharge of saliva : Belladonna, Mercurius vivus,

Pulsatilla; the mouth dry with thirst: China; without thirst: Pulsatilla; dry throat and thirst: Belladonna; with chills: Pulsatilla.

With diarrhœa: Chamomilla, Dulcamara, Rhus tox.; with constipation; Mercurius vivus, Staphisagria, Bryonia, Nux vomica.

With nervous excitability: Coffea, Aconite, Belladonna, Hyoscyamus.

From taking cold: Aconite, Ignatia, Belladonna, Mercurius vivus, Pulsatilla, Nux vomica, Chamomilla, Dulcamara, Rhus tox., Hyoscyamus; cold makes it worse: Mercurius vivus, Phosphoric acid, Sulphur, Arsenicum, Antimonium crudum, Calcarea; aggravated by cold air: Belladonna, Mercurius vivus, Staphisagria, Sulphur, Hyoscyamus; by cold water: Bryonia, Nux vomica, Sulphur, Antimonium, Calcarea; by taking cold drinks: Mercurius vivus, Pulsatilla, Staphisagria, Nux vomica, Chamomilla, Sulphur, Calcarea; by cold washing: Mercurius vivus, Sulphur, Calcarea; drawing of cold air into the mouth: Belladonna, Mercurius vivus, Phosphoric acid, Bryonia, Nux vomica, Sulphur.

Better when applying a cold hand to it: Rhus tox.; temporarily better when applying cold water: Bryonia; when applying the fingers dipped in water: Chamomilla; relieved by cold air: Pulsatilla.

Worse in the open air, Belladonna, Staphisagria, Nux vomica, China, Sulphur, Rhus tox.; worse in the wind, Pulsatilla, Rhus tox.; from draught, China, Sulphur, Calcarea; worse when in the room, Chamomilla, Sulphur, Antimonium crudum.

Better in the open air, Pulsatilla, Bryonia, Hepar.

Worse from anything hot, Belladonna, Phosphoric acid; from anything warm, Coffea, Pulsatilla, Bryonia, Chamomilla, Sulphur; from warm drinks, Mercurius vivus, Nux vomica, Chamomilla; eating anything warm, Bryonia; in a warm room, or warmth in general, Pulsatilla, Phosphoric acid, Hepar (Chamomilla, Sulphur); worse when warm in bed, Belladonna, Mercurius vivus, Pulsatilla, Phosphoric acid, Bryonia, Chamomilla.

Better from warmth, Mercurius vivus, Nux vomica, Sulphur, Arsenicum, Rhus tox.

Worse from smoking, Ignatia, Bryonia, China; better from smoking, Mercurius vivus.

Worse from drinking coffee; Ignatia, Nux vomica, Chamomilla; from drinking tea, Ignatia; from drinking wine, Nux vomica; from drinking in general, Chamomilla.

Worse when eating, Belladonna, Mercurius vivus, Pulsatilla, Phosphoric acid, Staphisagria, Bryonia, Hepar, Sulphur, Carbo vegetabilis; after eating, Coffea, Ignatia, Belladonna, Staphisagria, Bryonia, Nux vomica, Chamomilla, Sulphur, Antimonium crudum; some time after eating, Belladonna.

Worse when moving the mouth, Nux vomica and Chamomilla; when chewing, Mercurius vivus, Staphisagria, Bryonia, Nux vomica, Sulphur, Arsenicum, Carbo vegetabilis, Hyoscyamus; when biting, Coffea, Belladonna, Pulsatilla, Nux vomica, Hepar, Sulphur, Rhus tox.; when clenching the teeth, Hepar, China; better from clenching the teeth, Coffea, China, Arsenicum.

Worse when touched, Belladonna, Mercurius vivus, Phosphoric acid, Staphisagria, Bryonia, Nux vomica, Arnica, Hepar, Arsenicum, Carbo vegetabilis; when touched by the tongue, Ignatia, Mercurius vivus, China, Carbo vegetabilis.

Better on being pressed, Belladonna, Pulsatilla, China, Rhus tox.; better when rubbed, Mercurius vivus.

Worse when picking the teeth, Pulsatilla; better when the gums bleed, Belladonna.

Worse when in motion, Bryonia, Nux vomica, China; better when at rest, Bryonia.

Worse when sitting, Pulsatilla, Rhus tox.; better when sitting up in bed, Mercurius vivus, Arsenicum, Rhus tox.

Worse when lying down, Ignatia; worse when lying on the painful side, Arsenicum; worse when lying on the sound side, Bryonia.

Better when lying down, Mercurius vivus; better when lying on the painful side, Bryonia.

When worse at night, Coffea, Belladonna, Mercurius vivus,

Phosphoric acid, Staphisagria, Bryonia, Chamomilla, Hepar, Sulphur, Arsenicum, Silicea, Rhus tox., Calcarea; in the evening in bed, Mercurius vivus, Antimonium crudum; worse when going to sleep, Arsenicum; better when going to sleep, Mercurius vivus; worse before midnight, Bryonia; after midnight, Mercurius vivus, Staphisagria.

Worse when awaking, Belladonna, Nux vomica, Carbo vegetabilis; in the morning, Ignatia, Mercurius vivus, Pulsatilla, Phosphoric acid, Staphisagria, Bryonia, Nux vomica, China, Sulphur, Arsenicum, Hyoscyamus; in the forenoon, Pulsatilla, Sulphur, Carbo vegetabilis; worse in the afternoon, Mercurius vivus, Pulsatilla, Nux vomica, Sulphur; worse toward evening, Pulsatilla; in the evening, Ignatia, Belladonna, Mercurius vivus, Pulsatilla, Bryonia, Nux vomica, Sulphur, Antimonium crudum, Rhus tox.

Aggravated by noise, Calcarea; when spoken to, Bryonia, Arsenicum; by vexation, Rhus tox.; worse when thinking, Belladonna, Nux vomica; worse when reading, Ignatia, Nux vomica.

Toothache in females especially, Coffea, Aconite, Belladonna, Pulsatilla, China, Hyoscyamus, Calcarea; before, during, or after menstruation, Chamomilla, Carbo vegetabilis, Calcarea; during pregnancy, Belladonna, Pulsatilla, Staphisagria, Rhus tox., Hyoscyamus, Calcarea.

Toothache in children, Coffea, Aconite, Ignatia, Belladonna, Chamomilla, Calcarea.

Toothache in persons who are in the habit of drinking coffee, Nux vomica, Chamomilla, Cocculus, Belladonna, Mercurius vivus, Carbo vegetabilis, Pulsatilla, Rhus tox.

Arnica is very useful after the extraction of a tooth; it will stop the bleeding and accelerate the healing of the gums. Five drops of the tincture should be mixed with half a tumblerful of cold or tepid water, and the mouth rinsed several times with this. After the insertion of artificial teeth, it relieves the pain and the swelling; after filing out carious teeth—which is sometimes a very useful operation—mix a few globules of it in a tea-

spoonful of water, and put some of it on the parts which have been filed. In very intense pain, occurring after a tooth has been drawn, sometimes *Hyoscyamus* is of use ; when the pain is severe after putting in new teeth, give *Arnica* and *Aconite* alternately. *Arnica* is sometimes good for toothache, when attended by throbbing, as if the blood were being forced out of the tooth, or as if it had been started from its socket—worse when touched ; it is also frequently of service for hard swelling of the cheeks, which frequently remains after the toothache has been cured.

Coffea (dry) will remove the severest pains, which drive the patients almost frantic ; when they cry, tremble, and do not know what to do ; and when the pain is indescribable ; it may be repeated once or twice. If it proves inefficacious, give *Aconite*, *Veratrum*, *Sulphur*, *Hyoscyamus*. For stinging, jerking pain, or intermitting aching and pain when chewing, it is to be preferred to all other remedies.

Aconite (in sol., 1—2 h.) must be given in all those cases where the patients are almost frantic with pain, which is indescribable, and which *Coffea* has failed to relieve ; also for throbbing pains, occasioned by taking cold, with determination of blood to the head ; burning in the face ; it is particularly suitable for children ; it may be repeated several times ; when it is no longer efficacious, give *Chamomilla* or *Belladonna*.

Chamomilla (in sol., 1—2 h.) is beneficial in many kinds of toothache, particularly in children—and in persons who are frequently vexed, and who drink much coffee—also in females before menstruation ; pain in the carious teeth, after taking cold when in a perspiration, or when the patient is very irritable and inclined to cry ; when the pain is insupportable, and aggravated periodically ; is worse during the night ; when no particular tooth can be pointed out as the painful one ; or when the tooth is hollow, feels as if too long and seems to move (for the last symptom perhaps *Bryonia* will suit better), or when the pain extends through the whole set, and every tooth feels too long ; also when it extends through the jaws to the ear ; or through the temples to the eyes ; or is mostly on one side, in the teeth, jaws, ears

and head ; when there is crawling, sluggish pain continually, or a sensation of scraping and scratching against the nerve of the carious tooth, after which the pain increases ; drawing and tearing, or boring and throbbing pain ; when at its height the pain is stinging and jerking, and extends to the ear ; the patient cannot bear the warmth of the bed, and the pain generally commences soon after meals, particularly after eating or drinking anything warm ; when it grows much worse after drinking cold water—also after coffee ; cannot be relieved by anything but dipping a finger into cold water and applying it to the tooth ; when, while the pain lasts, the cheek is red and hot, or the cheek and gums are swollen and of a light red colour ; when the glands under the chin are painful and swollen—if the toothache is accompanied with great weakness, particularly in the joints ; pain in the articulation of the jaw on opening the mouth, extending to the teeth—*Chamomilla* is a certain cure. When it is partly adapted to the symptoms and only gives partial relief, and the teeth are hollow, compare *Antimonium crud.*, and then the following :

Nux vomica (in sol., 1—3 h.) is useful for toothache in persons of hasty temper, with ruddy complexion, who like coffee and ardent spirits—have little out-door exercise, or who have taken cold ; when a healthy tooth is painful and feels loose, or the teeth seem too long, with jerking, shooting pains in the lower jaw ; a drawing pain extending to the temple, or a pain from a hollow tooth affecting the whole face and even the bones, or extending over the whole side ; or for drawing and burning pains in the nerves of a tooth, as if it were being wrenched out, accompanied by violent stitches, which affect the whole body, particularly on inspiration ; when a dull pain in the bones changes to a tearing pain, which passes through the teeth and jaws, or there is a boring, gnawing, tearing pain on one side ; sometimes for jerking or rheumatic pains, attended with a pricking sensation ; when they chiefly commence in bed or in the evening, prevent chewing, grow worse or return as soon as the mouth is opened in the cold air ; or when reading and thinking ; or when the

tearing pains become worse by the contact of cold liquids, but better when kept warm ; in general the pains are worse after eating and exercise ; also when along with the tearing pains the glands beneath the lower jaw are painful, and particularly when a swelling appears on the gum, which seems about to burst.

Pulsatilla (in sol., 1—3 h.) is most suitable for persons of a mild, quiet, timid disposition, or for women and children of a fretful temper ; when the pain is only on one side ; for toothache which is prevalent in the spring, accompanied by earache and headache, confined chiefly to one side ; when there is a stinging pain in the decayed tooth, accompanied by great sensitiveness of the left side of the face extending to the ear, with heat in the head and chills over the whole body ; but particularly when there is a gnawing pain in the gums, and pricking as of pins, with tearing and jerking in the tooth itself, as if the nerve were strung and then suddenly relaxed ; or for jerking or tearing in the tooth as if it would start from the jaw, and aggravated by cold water, the heat of the bed, a warm room, or by taking anything warm into the mouth ; cold air relieves it—it is also better when in the open air ; worse when sitting, better when walking about—worse from picking the teeth, better from pressure—chewing does not make it any worse ; it comes on mostly toward evening, rarely before—and is accompanied by chilliness and pale face, or with congestion of blood to the head ; or with heat without thirst ; especially for toothache caused by drinking chamomile tea.

Ignatia (in sol., 1—3 h.) will be serviceable in cases where the foregoing remedies appear to be indicated, but are insufficient, and the patient is of a more tender and sensitive disposition, sometimes cheerful, at other times inclined to tears ; particularly for persons who grieve much ; when the jaw teeth feel as if crushed ; when there is a boring pain in the incisors, and a soreness in all the teeth ; worse after drinking coffee, after smoking, after dinner, in the evening, after lying down, and in the morning on awaking.

Hyoscyamus (in sol., 2 h.) in very sensitive, nervous, excitable,

persons ; the pain almost drives the patient mad—it is a tearing or throbbing, extending to the cheeks and along the lower jaw ; or there is a tearing, raging pain in the gums, with a buzzing sensation in the tooth, which is loose, and feels when chewing as if it were coming out ; or jerking, throbbing, drawing, tearing, which extends to the forehead ; violent tearing pains in different teeth, occasionally accompanied by flushes of heat, with determination of blood to the head ; it is aggravated by cold air, generally comes on in the morning, and is sometimes accompanied by jerking in the fingers and arms, especially in persons who are subject to convulsions.

Belladonna (in sol., 1—3 h.) is frequently best adapted to females or children, particularly when the pain and anguish cause great restlessness, running about, or where there is depression, and a disposition to cry ; when the teeth and gums are painfully sensitive ; when biting produces a feeling as if there were ulcers at the roots, with stinging, cutting, jerking, tearing pain ; and more especially for a drawing pain, which is worse after going to bed, and during the night ; or for pricking pains in a hollow tooth, day and night ; or a pain in a hollow jaw-tooth, as if too much blood were forced into it, with heat in the gums and throbbing in the cheeks—nothing mitigates the pain but picking the gum until it bleeds ; or the gums are swelled, with burning and stinging pains, discharge of much saliva, the cheek swelled, sometimes the eyes hot and the throat dry, with great thirst—frequently the pain returns in the morning on awaking, or re-commences some time after dinner ; the teeth ache when exposed to the open air, when touched, from biting, when food or hot liquids come in contact with them—pressing hard upon the cheeks sometimes gives relief.

China (in sol., 1—3 h.) is particularly suited to toothache in mothers who are nursing—for persons who, otherwise cheerful, become cross and irritable ; the pain comes on periodically and is throbbing, tearing, jerking or drawing, with great pressure or boring, and numbness about the teeth—worse when in motion,

when touched, and returns on exposure to a draught—the gums swell, the mouth is dry, there is thirst, the blood rises to the head, veins of the forehead and hands swell, and the sleep during the night is uneasy, although the pain is mitigated.

Mercurius vivus (in sol., 2—4 h.) is frequently suitable for children; when there are tearing pains in several teeth at once adjoining the decayed ones—the pain affects the whole side of the face, or drawing and stinging pains extend to the ear; it is particularly troublesome during the night; or for exasperating jumping pains in the teeth, especially at night, when stitches extending to the ear and the head; also for a stinging pain in a decayed tooth, which is worse after eating or drinking anything cold or warm; the pain is generally increased by cold, and particularly by damp air, is less severe when in a warm place, or when the cheek is rubbed—the air is sometimes painful to the incisors; or the toothache is only felt during the day and ceases during the night, and is followed by perspiration, and in the morning the same pains return again, in paroxysms with longer or shorter intervals, alternating with giddiness, or tearing in the limbs; the teeth are almost always loosened, the gums swell or become white and ulcerated, are detached from the teeth, burn and ache when touched; or they begin to itch, to bleed and to suppurate, with tearing through the roots of the teeth, or with painful swelling of the cheeks.

Hepar (in sol., 2—4 h.) will be beneficial after *Mercurius vivus* or *Belladonna*, when the painful swelling of the gums continues, or for a throbbing pain as if blood were entering the tooth, or a drawing pain; the pains worse after eating, and in a warm room, or at night.

Carbo vegetabilis (in sol., 2—4 h.) is sometimes useful when *Mercurius vivus* or *Arsenicum* gives some relief, without effecting a perfect cure; also in persons who have taken much calomel, particularly when the gums bleed, and are detached from the teeth; the teeth are loosened, become ulcerated, and ache when touched by the tongue; are worse after eating, with drawing and tearing pains in the incisors.

Sulphur (in sol., 3—4 h.) is most suitable for jumping pain in hollow teeth—extending to the upper and lower jaw, or to the ear; for swelling of the gums, attended with throbbing pain, bleeding of the gums, and swellings around old stumps; for toothache in the evening, or in the air, from draught, worse when rinsing the mouth with cold water.

Arsenicum (in sol., 3—4 h.) when the teeth are loose and elongated, with constant jerking or burning, and tearing in the gum, worse when touched, when lying on the affected side, and when at rest, and also from cold; the pains are mitigated by the heat of the stove, by hot applications, or by sitting up in bed; it is particularly indicated when the pains are very debilitating.

Antimonium crudum (in sol., 3—4 h.) is the principal remedy for pains in carious teeth, of a boring, digging, tearing, jerking, character, which sometimes penetrate into the head; the pains are aggravated in the evening in bed, after eating, by cold water; and better when walking in the open air.

Bryonia (in sol., 3—4 h.) for passionate, irritable, cross, obstinate people; the pain occasionally in the carious teeth, but more frequently in the healthy ones; shooting pain with twitches towards the ear; tearing pain extending to the cheek, and acute pains, as if caused by an exposed nerve; sensitiveness and pain in the decayed teeth from contact with the air; the teeth feel as if too long and too loose, but are not so, and when chewing they feel as if they would fall out. The pains are aggravated by smoking or chewing tobacco; from the introduction of anything warm into the mouth—better in the open air—sometimes relieved by cold water, but only momentarily, and also when lying on the affected cheek, but worse when lying on the other. Likewise, when the pain shoots from one tooth into the other, and also into the head and cheeks.

Rhus tox. (in sol., 2—4 h.) for the same painful sensation of elongation of the teeth as Bryonia, and also when they seem to be loose; the hollow teeth sensitive to the air; the gums are swollen, burn, and itch like an ulcer, or they are sore and detached from the teeth; for jumping, shooting, or drawing pain,

as if the teeth were being torn out, (similar to *Pulsatilla*), or for slow pricking or throbbing, tearing in all the teeth, extending into the jaws and temporal bones, with a painful soreness of one side of the face—it arises from taking cold, or from vexation, is worse in the air, (*Bryonia* toothache is better,) insufferable during the night, and mitigated by heat; sometimes accompanied by an offensive smell from the carious teeth. It suits best for quiet persons (unlike *Bryonia*) who are disposed to sadness and melancholy, or become agitated and afraid (similar to *Belladonna*).

Staphisagria (in sol., 2—6 h.), when the teeth become black and hollow, lose the enamel, the gums are pale, white, ulcerated and swollen—ache when touched; throbbing in the gums; the gums are covered with blisters and ulcers; also for intense gnawing, drawing or tearing pains in decayed teeth, particularly in the roots, or extending through a whole row, or the pain shoots from a carious tooth to the ear, with throbbing in the temple—worse in the open air, when drinking anything cold, from eating, and particularly during the night or toward morning.

Phosphoric acid (in sol., 2—6 h.) is suitable for bleeding and swollen gums; tearing pains which are worse when warm in bed, and also from heat and from cold, burning in the front teeth during the night; pains from carious teeth, extending to the head.

Silicea (in sol., 4—12 h.), for tedious, boring, tearing pains day and night, worse during the night, spreading over the whole cheek, also into the bones of the face; discharge of offensive matter from openings near the roots of the teeth, or from the gums; swelling of the jaw.

Dulcamara (in sol., 1—2 h.) is sometimes useful for toothache proceeding from cold, particularly when accompanied by diarrhœa, and when *Chamomilla* does not answer; also when there is at the same time confusion of the head, or when the toothache is accompanied by profuse salivation (similar in this to *Belladonna* and *Mercurius vivus*), and the teeth feel blunt.

Calcarea (in sol., 4—12 h.), for toothache in pregnant females; pains in hollow teeth, especially around loose stumps; pressing, drawing, jerking, soreness; drawing, pricking, rooting, gnawing,

grubbing, throbbing pains, with swelled gums, which are sore, bleed easily, with throbbing and acute pains; it is most suitable when there is determination of blood toward the head, particularly during the night; when the pains are caused by taking cold, or are aggravated by cold or a draught of air; the patient can neither bear warm nor cold drinks—even noise makes it worse.

Causticum (in sol., 4—12 h.), for toothache arising from breathing in the open air, generally attended with stinging, throbbing pain and a feeling of soreness; or the teeth feel painfully loose and lengthened; when there are ulcers at the roots of the teeth, the gums suppurating are swollen and very tender. The pain frequently affects the whole of the left side of the face, especially at night when the patient lies on it, and is equally sensitive to heat and cold.

When the cheek remains swollen after the toothache has ceased, it may be removed by giving Pulsatilla, if Mercurius vivus, or Chamomilla have been previously taken for the pain; or Mercurius vivus, after Pulsatilla or Belladonna; or Belladonna after Mercurius vivus; or Sulphur after Belladonna, Bryonia, Arsenicum, &c. If the swelling be red as in erysipelas, Mercurius vivus should be given; if less red but hard and stiff, Arnica. Hepar, when the swelling begins to soften, and appears as if about to suppurate, followed by a dose or two of Lachesis if the Hepar does not affect a speedy abatement of the swelling, and then by Hepar again or by Mercurius vivus, if the latter have not been taken before. Benefit will also be derived by laying a boiled or roasted fig, or a portion of one on the swollen gum. Externally, apply nothing but a handkerchief to keep off the air, except when there is much tension, and the swelling is not extensive; in this case, make a linen compress about the size of a crown; dip it into warm water, and after squeezing it, apply it to the swelling, and tie a dry handkerchief over it; if the swelling spreads extensively, or if it becomes yellowish or red, and blistered, a small flat bag of rye flour or bran, moderately heated and applied to the cheek, may be of advantage. If it itches much, hair powder or wheat starch will be beneficial; if it break

externally, apply a rag greased with fresh lard or simple ointment, and tie a handkerchief over it.

A few drops of chloroform applied to the outside of the cheek or rubbed upon the gum will often *temporarily allay* the most violent toothache, but a *cure* can only be effected by the appropriate medicine.

Facial Neuralgia. Tic Douloureux. Prosopalgia.

This is one of the most painful of the whole catalogue of diseases to which man is subject. It consists of an acute lancinating pain, seated in one or more of the branches of the fifth pair of nerves—nerves of sensation—which are distributed to the face, head, &c. The pain is sometimes preceded by a slight sensation of itching or heat, or creeping or numbness in the part, which gradually increases in intensity. At other times the attack is preceded by a feeling of coldness and numbness. Usually, however, the pain comes on suddenly without giving any warning whatever. It is generally extremely acute and lancinating in its character, giving rise to the most excruciating agony on the part of the sufferer, taking place instantaneously, and shooting along the course of the nerves like an electric shock. When the pain is at its height, it seems as if burning needles are thrust into the part. It most commonly begins under the eye or in front of the ear, from whence it sometimes shoots over the entire half of the face and head, and frequently into the orbit, palate and neck. When the disease has continued for a length of time, or has been extremely severe, it is often attended by involuntary twitches of the muscles of the face.

The paroxysms may continue with more or less intensity for weeks or months in succession. Neuralgia is often exceedingly difficult to cure, and in some cases quite incurable.

Treatment. The remedies which have been employed most successfully are: Aconite, Belladonna, Lachesis, Mercurius vivus, Arnica, Staphisagria, Bryonia, China, Calcarea, Arsenicum, Colocynthis, Rhus tox., Veratrum, Ferrum met., Platinum, Pulsatilla, Hepar, &c.

Aconite (in sol., 1—2 h.) will have the preference, if their be redness and heat of the face; the paroxysms preceded by a slight itching or crawling pain; great exasperation with agitation, restlessness, &c.; and especially when the neuralgia alternates with rheumatic pains.

Belladonna (in sol., 1—2 h.), when the pain is most violent under the eye, and is excited by rubbing the part affected; darting pains in the cheekbones, nose, jaws, or zygomatic process; or cutting and tensive pains, with stiffness at the nape of the neck, and clenching of the jaws; twitches in the eyelid, or violent shooting and tearing and dragging pains in the ball of the eye; convulsive jerking in the facial muscles, and distortion of the mouth; heat and redness in the face. The pain is generally preceded by itching and creeping in the affected side of the face, and at times becomes so severe as to be almost insupportable.

Platinum (in sol., 2—4 h.), when the attacks are preceded by a feeling of *coldness* and *torpor* in the affected side of the face, with severe spasmodic pain, or tensive pressure in the cheek, with a sensation of creeping or crawling, and aggravation or renewal of the sufferings in the evening, and when in a state of rest; lachrymation; redness of the face, &c.

Colocynthis (in sol., 1—2 h.), against violent rending and darting pains; which chiefly occupy the left side of the face, are aggravated by the *slightest touch* and extend to the head, temples, nose, ears, teeth, &c.

Arsenicum (in sol., 2—4 h.), when the attacks return periodically and the pains are more especially of a *burning, pricking*, and rending character, and are experienced chiefly around the eye, and occasionally in the temples, the suffering being occasionally of so severe a description as almost to drive the patient distracted; great anguish; excessive prostration, with desire for the recumbent posture; sensation of coldness in the affected parts; exacerbation during repose, after fatigue, in the evening, when in bed, or after a meal; temporary melioration from external heat.

China (in sol., 2—4 h.), also, against periodical attacks of neuralgia, and, when the pains are intense, attended with extreme sensibility of the skin, and consequent *aggravation from the slightest touch*; sensation of torpor and paralytic weakness in the affected part; great loquacity, with ill-humour, paleness of the face, frequently followed or alternated with redness and transient heat of the face.

Mezereum (in sol., 2—4 h.), chiefly against pains which occupy the left side of the face, and are mostly of a spasmodic stupefying description, and extend to the eye, temple, ear, teeth, neck, and shoulder; worse from partaking of warm food or drink, or on coming into a warm room after being in the open air.

Veratrum (in sol., 2—4 h.), against insupportable pricking and drawing one-sided pains which almost drive the patient to distraction; excessive weakness even to fainting; general chilliness; exacerbation of suffering on getting warm in bed, or towards morning; temporary relief on moving about.

Spigelia (in sol., 2—4 h.) is a valuable remedy in protracted and periodical attacks of neuralgia; the pains of a burning and tensive character, and located chiefly in the cheek bones and above the eyebrow.

For the particular symptoms which indicate the selection of Arnica, Staphisagria, Lachesis, Hepar, Ferrum met., Rhus tox., Pulsatilla, and other remedies which may occasionally be of service, consult "*Toothache*."

Applications of cold water or ice to the part affected in some instances mitigates the sufferings, and in others again more relief is experienced by the application of cloths dipped in warm water. Chloroform externally applied is also sometimes of use.

CHAPTER VIII.

AFFECTIONS OF THE MOUTH.

Bad Taste in the Mouth.

SOMETIMES *the taste is affected, without there being any other perceptible symptoms*; in which case we must try the remedies

first mentioned below for the different kinds of taste ; sometimes the other symptoms, when any exist, are not sufficiently marked to guide us in the selection of a remedy ; in that case the selection should be made according to the following list :

Bitter taste in the morning, Sulphur, Mercurius vivus, Bryonia, Calcareea, Silicea.

When solid food tastes bitter, Sulphur, Bryonia, Rheum, Rhus tox., Hepar, Colocynthis, Ferrum metall. ; food and drink both bitter, Pulsatilla, China ; bitter taste after eating or drinking, Pulsatilla, Bryonia, Arsenicum ; in the morning or evening, Pulsatilla, Arnica ; at different times, or continually, besides the above medicines, Aconite, Belladonna, Veratrum, Nux vomica, Chamomilla, Antimonium crudum, Carbo vegetabilis.

For sweet tastes, Mercurius vivus, Sulphur, Cuprum, Belladonna, Pulsatilla, Bryonia, China, Ferrum, Spongia ; in the morning, Sulphur ; when bread leaves a sweet taste, Mercurius vivus ; beer, Pulsatilla ; bloodlike sweetish taste, Ferrum, Sulphur ; when like walnuts, Coffea.

For salt taste, Carbo vegetabilis, Rheum, Phosphoric acid, Nux vomica, Sulphur, Arsenicum, Natrum muriatic., Cuprum ; when victuals taste salt, Carbo vegetabilis, Sulphur ; salt taste when coughing, Carbo vegetabilis, Coccus.

For sour taste, Rheum, Phosphoric acid, Nux vomica, China, Sulphur, Capsicum, Calcareea, Natrum muriaticum, Coccus, Cuprum ; the victuals taste sour, China, Calcareea ; after meals, Pulsatilla, Nux vomica, Carbo vegetabilis, Natrum muriatic., Coccus, Silicea ; after drinking water, Nux vomica, Sulphur ; after drinking milk, Carbo vegetabilis, Sulphur ; in the morning, Nux vomica, Sulphur.

Acrid, biting taste, Veratrum, Rhus tox. ; burnt, smoky taste, Pulsatilla, Nux vomica, Sulphur ; taste like herbs, Veratrum, Nux vomica ; taste like peppermint, Veratrum.

Earthy taste, Pulsatilla, Hepar, China ; insipid taste, Pulsatilla, Rheum, Staphisagria, Bryonia, China, Sulphur, Dulcamara, Rhus tox., Ipecacuanha, Capsicum ; slimy taste, Bella-

donna, Rheum, Arnica, Rhus tox., Platina; greasy, oily taste, Silicea, Causticum; suety taste, Causticum; sticky taste, Phosphoric acid; watery taste, Staphisagria, China, Capsicum.

Putrid taste, Arnica, Mercurius vivus, Belladonna, Bryonia, Chamomilla, Pulsatilla, Aconite, Veratrum, Phosphoric acid, Sulphur, Rhus tox., Natrum muriatic., Cuprum, Causticum; in the morning, Sulphur, Rhus tox.; after meals, Rhus tox.; taste like pus, Pulsatilla.

When tobacco has a sharp taste, Staphisagria; when bitter, Coccus; loathsome, Ipecacuanha; disagreeable, Ignatia, Pulsatilla, Nux vomica, Arnica, Calcarea, Coccus.

When the victuals have no flavor, Mercurius vivus, Pulsatilla, Staphisagria, Bryonia, Nux vomica, Arsenicum; absence of taste, Veratrum, Belladonna, Pulsatilla, Rheum, Bryonia, Hepar, Hyoscyamus; in chronic cases, Silicea, Natrum muriaticum. (These remedies may be given dry, or if they are to be repeated, in sol., 12—24 h.)

Offensive Breath.

Bad breath may be caused by derangement of the stomach, abuse of mercury, decayed teeth, disease of the gums, aphthæ, ulcers in the mouth, or want of proper attention to cleanliness, leaving particles of food in the teeth, &c.

Treatment.—This unpleasant symptom, when arising from uncleanness, will generally be removed by rinsing the mouth and throat after every meal with cold water, and brushing the teeth with a soft brush once or twice a day.

If a decayed tooth originate the difficulty, a dentist should be consulted; or, if this cannot be conveniently done, the tooth should be carefully cleansed and filled with wax. The tooth can be readily cleansed by making use of a roll of blotting paper of convenient size, and applying it repeatedly to the decayed part.

A still better material for stopping hollow teeth is gutta serena. A piece of this substance large enough to fill the cavity should be heated at the fire or in a cup of hot water, and the cavity having been carefully cleaned and dried with cotton, or blotting

paper, the soft gutta percha should be pressed into it. It will soon harden, and this stuffing will often remain in for years.

Benefit is often derived from rinsing the mouth with water containing charcoal.

The smell of garlic or horseradish will be destroyed by drinking some wine, or by eating a pear or boiled beetroot.

When the offensive breath arises from deranged stomach, or diseased gums, or aphthæ, the proper remedy for it will be found under these diseases. But when it is the chief symptom, and its origin can be traced to no apparent cause, the following remedies will frequently remove it: *Nux vomica*, *Silicea*, *Pulsatilla*, *Sulphur*, *Arnica*, *Aurum*, *Petroleum*, *Chamomilla*, *Mercurius vivus*, *Bryonia*, *Hyoscyamus*, and *Arsenicum*.

If the bad breath is only perceived in the morning, *Nux vomica* or *Silicea* will be found most effectual in affording relief.

When it occurs only in the morning and at night, or is worst at these times, *Pulsatilla* will be of most benefit. If it appears after dinner only, *Sulphur* or *Chamomilla*. (These remedies may be given in sol., 12—24 h.).

Scurvy in the Mouth. Canker of the Mouth.

Cancrum Oris.

In this affection the gums become hot, red, and very sensitive; they swell, become spongy, and shrink from the teeth; small ulcers make their appearance on the gums, the inside of the lips, the cheeks, on the palate, and even on the tongue; a putrid, very offensive smell is emitted from the mouth, there is a discharge of tough, bloody phlegm and saliva from the gums; the teeth are usually loosened, and mastication and deglutition consequently difficult; sometimes the glands of the throat swell and become painful; the patient becomes very weak, and suffers from a slow fever.

Treatment.—*Mercurius vivus* (in sol., 12—24 h.), in almost every case of scurvy, is the most efficacious remedy, and may always be given at the commencement of the disease unless it has

been brought on by the abuse of this medicine given in allopathic doses; in which case it will be necessary to have recourse to *Carbo vegetabilis* (dry) as an antidote, to be followed, if necessary, by *Hepar s.* (dry), or *Acidum nitricum* (dry). If the disorder has arisen from excessive use of salt food, *Carbo vegetabilis* or *Arsenium* (in sol., 12 h.) will be of most service, and if these fail to produce a favourable change, a drop of sweet spirits of nitre may be taken once or twice a day with benefit; and in protracted cases of this kind, *Sepia* (in sol., 12 h.) will be found useful.

Capsicum (in sol., 12 h.) may be indicated as the first remedy when the affection occurs in inert and corpulent persons, and arises from uncleanliness or want of exercise in the open air.

Arsenium (in sol. 6 h.) may be given as a first remedy if the ulceration is very extensive with violent burning pains, and in alternation with *China* if gangrene is threatened, the gums becoming black, &c.; the patient is very much reduced; or when *Mercurius vivus* has proved inefficacious.

Dulcamara (in sol. 6 h.) may be given first when the disorder results from taking cold, and the glands of the throat are swollen and hard: also after *Mercurius vivus* when that remedy fails to effect a perfect cure.

Carbo vegetabilis (in sol., 6—12 h.) besides being preferable in all those cases arising from the abuse of mercury or salt, is particularly beneficial when the gums bleed very much, and smell very offensively.

Natrum muriat. (in sol., 12 h.) is most suitable when the ulcers spread very slowly, the above remedies having been productive of but little benefit; the gums swollen, bleeding and very sensitive; everything cold or warm, or eating and drinking, affects them; when blisters and small ulcers appear on the tongue, which bite and burn, and render talking painful.

Among the many domestic remedies in vogue for this complaint, the one which is most to be recommended is rubbing the gums with slices of lemon, or rinsing the mouth with lemon juice; this is productive, in the beginning of the disease, especially in summer and at sea, of a very salutary effect.

Sage, also, is almost a specific in many kinds of this disease ; rinsing the mouth with brandy is sometimes of service.

Inflammation of the Tongue. Glossitis.

This affection is characterised by pain, heat, redness and swelling ; attempts to move it canse excessive pain. The inflammation at first may be confined to a small part of the tongue, but it gradually extends, the pain becomes acute, lancinating and burning ; and the slightest effort at motion of any kind, swallowing, speaking, &c., excite excruciating anguish.

The swelling of the tongue is so great at times as to threaten suffocation, and the tongue hangs out of the mouth. It is frequently coated with a thick fur, and saliva flows copiously from the mouth.

Sometimes a tumour is found on the upper snrface of the tongue, which is at first hard and slightly painful to the touch ; this suppurates and leaves a deep ulcer. At others small ulcers are formed on the surface which may perforate it.

The *causes* are irritating substances taken into the mouth ; injuries inflicted by the teeth, or by external bodies. It occurs in the course of small-pox, scarlet fever, &c. Some of the most violent cases result from the abuse of mercury.

Treatment.—Aconite, Mercurius vivus, Belladonna, Arnica, Arsenicum, Lachesis, and Phosphoric acid are the chief remedies.

Aconite (in sol., 3—4 h.) in the commencement of the affection, if accompanied by intense inflammation with fever, acute lancinating pains, &c.

Mercurius vivus (in sol., 4—6 h.), after Aconite has reduced the more violent febrile symptoms ; or at first when there is violent pain, swelling, hardness, and salivation ; also in ulceration of the tongue it is almost specific.

Belladonna (in sol., 4—6 h.), when Mercurius does not effect a cure, and the inflammation extends to other parts of the mouth, and becomes erysipelatous in its character ; also when numerous small ulcers make their appearance on the tongue, gums, &c. It may be taken in alternation with Mercurius vivus for induration of the tongue.

Arnica and Aconite (in sol.), taken alternately every 5 to 6 hours will be most efficacious in inflammations caused by wounds of the teeth or external bodies.

Arsenicum and Lachesis (in sol., 4—6 h.) in highly dangerous cases, with threatened gangrene, indicated by dark and greenish or black appearance of the tongue, &c.

Phosphoric acid (in sol., 6 h.), in inflammation produced by biting the tongue during sleep.

In some instances when the swelling has become so enormous as to threaten suffocation before a homœopathic practitioner can be had, it may be necessary to make free longitudinal incisions in the tongue in order to save life.

CHAPTER IX.

AFFECTIONS OF THE STOMACH.

Want of Appetite.

THE common remedies for exciting the appetite are, to speak plainly, more calculated to impair it altogether. Articles highly salted, sour, or sharp; burning, heating spices, but, in particular, roots, herbs, or barks steeped in liquor, and taken as stomachics, are all artificial, and cannot furnish nourishment. They are all beneficial medicines when used at the proper time, in the right case, and in appropriate quantities; and every one knows from his own experience, or has witnessed it in others, that they sometimes produce a salutary effect. But as all medicines are injurious when taken in too great quantities, or too frequently, the trying of many of these things must, of course, do more harm than good, and particularly when the patient accustoms himself to their use. Of what benefit is it to awaken the appetite for a day or two if it fails again immediately. As it is the case with all food that is partly retained in the body and partly thrown off, so it is with these substances also, which, containing no nutriment, cannot supply any to the human economy. By degrees, these extraneous substances so accumulate in the system, that they

cause incurable diseases; not in the intestines, whence they might be expelled by aperients; not in the blood, whence they might be extracted by bleeding. No, these are popular errors; every physician, who knows anything of physiology, is aware that nothing can remain in the blood any more than in the intestines, the former changing every day; but it is the solid parts of the body which undergo a change.

Persons who use these things now and then, in small quantities, cannot do themselves great harm. Sometimes salt fish or acids, particularly in summer, have a good effect, especially when the stomach craves these things, and when this craving ceases for some time after having been satisfied once; but if the same craving returns very soon, it is a sign that their use is injurious.

The best remedy, in addition to exercise and recreation in the open air, is the regular use of cold water. In the morning, particularly fasting, an hour or two before, and a couple of hours after each meal, and in the evening before going to bed, drink regularly a glass of water. At dinner drink moderately, and after a heavy meal but small quantities at a time.

Weakness of the Stomach. Dyspepsia. Indigestion.

The most essential information respecting this complaint, when it is felt very soon after eating, has been given under Chapter IV., Part I. When arising from other causes, see Chapters I., II., and V., Part I. There are, however, many cases where different causes exercise an influence at the same time; or where the causes are not known, or some are of a temporary nature, while others are lasting, the latter generally passing under the name of dyspepsia: some cases of this kind are the commencement of violent and dangerous diseases. We will here mention several kinds which every one can cure himself: but there are many kinds of dyspepsia which need the aid of a homœopathic medical man.

The most important condition for cure is a rational mode of living, not adopted for a time merely, but permanently; the

food must be wholesome, nutritive, of sufficient quantity, and also varied, to suit the requirements of the stomach.

For all sudden cases of weak stomach, and which are usually attended with want of appetite, nausea, pains, particularly griping, disturbed sleep, weakness, select from among the first medicine here prescribed, in chronic cases among those found further on.

Arnica (in sol., 6 h.), when the disorder is caused by a blow upon the stomach, or by lifting heavy weights, with pain and a sensation as if broken in the small of the back; by want of rest, much mental application, and generally when arising from over-excitement and irritability, when the patient is very nervous, the tongue dry or coated yellowish; the taste putrid or bitter and sour, with a bad smell from the mouth; the patient, even if accustomed to smoking, loathes tobacco; has a craving for something acid, eructations sometimes with a taste as of bad eggs; after meals a sense of fulness in the pit of the stomach, inclination to vomit, retching, flatulence in the abdomen; the abdomen is distended; accompanied by a heaviness in all the limbs, weakness in the legs, giddiness, fulness in the head, particularly over the sockets of the eyes, dull feeling and heat in the head, disagreeable warmth, frequent awaking, starting when asleep, troubled dreams. If *Arnica* does not suffice in these cases, give *Nux vomica* or *Chamomilla*.

Nux vomica (in sol., 6—12 h.), if the complaint has been caused by dissipation and late hours, by drinking wine or coffee, particularly if the patient has taken cold besides; when the mouth is dry without thirst, the tongue coated and white; accumulation of phlegm in the mouth, and heart-burn, no taste, or all kinds of food taste insipid, water collects in the mouth, vomiting, pressure and weight in the stomach, the abdomen is distended, slight and hard evacuations, or constipation; reeling, giddiness or dulness in the head, heaviness in the back part of the head, ringing in the ears, drawing in the teeth, sometimes below and sometimes above, drawing in the limbs; want of energy and aversion to thinking; the patient is restless, quarrel-

some, sullen ; at times there is heat in the face ; red pimples on the face. If *Nux vomica* does not cure it, give *Chamomilla*.

Chamomilla (in sol., 6—12 h.), when the patient has eaten or drunk soon after mental irritation, and in consequence has a bitter taste in his mouth, eructation as from bile, vomiting of green phlegm or light bile ; tossing about during sleep, frequent awaking, pain and fulness in the head, the face red and hot, the eyes red and burning, the mind very sensitive. If *Chamomilla* does not prove efficacious, give *Pulsatilla*, and if this also fails, *Nux vomica*.

Pulsatilla (in sol., 6—12 h.), when different kinds of meat or drinks, which do not agree with each other, have been taken at the same time, particularly such as produce flatulency ; or when much fat has been eaten, especially of pork and mutton, or sausages, anything fried in rancid butter, or pies baked in mixed fat ; when the taste is bitter, salt, or resembles that of putrid meat or tallow ; bread and all other kinds of food produces a bitter taste ; distaste to tobacco ; and also when there is accumulation of phlegm in the mouth, a grating in the throat, eructation as from bile, or acidity and acrid bile in the stomach, a particular aversion to warm food, the abdomen is distended, tight, particularly under the ribs, rolling and rumbling in the abdomen ; slow, troublesome, small evacuations or diarrhœa ; drawing in the limbs as from fever or ague ; the patient feels chilly, weak, is cross, silent, annoyed at every trifle, with little inclination to speak.

China (in sol., 6—12 h.) is often most suitable when the air is infected with noxious vapors, in spring and autumn, when wet days are succeeded by dry weather ; in countries where there are many canals, particularly if recently made, or where there is much drained land, or many fogs ; also for persons who are obliged to work where they breathe noxious odours, and have not a sufficient supply of fresh air ; it frequently cures the forerunners of fever and ague, and sometimes prevents the fever altogether. There is a constant feeling of having eaten to satiety, indifference to food and drink ; after eating, the victuals remain

a long time in the stomach ; constant eructations, the undigested food is frequently thrown off ; morbid craving for something strong, sharp, or sour ; weakness in the body, and a disposition to lie down, without being able to remain quiet ; the patient is obliged to bend and stretch his limbs, which are quite stiff in the morning ; frequent flushes of heat ; chilliness after every breath of air ; the urine is dark coloured, and deposits a copious sediment ; after lying down the patient finds it difficult to go to sleep, and is constantly disturbed ; the disposition is melancholy and morose.

Antimonium crudum (in sol., 8—12 h.), when the patient feels sick at the stomach, the tongue is coated or blistered ; frequent eructations which taste of the food last taken, or gulping up of the undigested food without sickness ; the mouth feels dry, or the saliva flows from it ; there is much thirst, particularly during the night ; accumulation of phlegm in the throat, or vomiting of phlegm and bile, the stomach feels too full, ~~or~~ is sore when touched ; there is besides flatulency and griping, or constipation and diarrhœa. If *Antimonium crudum* does not soon produce a favorable change, give *Bryonia*.

Bryonia (in sol. 6—12 h.), when the stomach is disordered, and the patient feels cold and chilly ; the bowels constipated, the tongue coated white or yellow, or blistered as under *Antimonium crudum*. Thirst, both by night and day ; dryness in the throat and the stomach. It is most suitable in summer, or when the weather is warm and damp. After this if the patient does not improve, give *Antimonium crudum*.

Ipecacuanha (in sol., 6—12 h.), when the stomach is surcharged with phlegm, or is otherwise debilitated ; when the tongue is not coated although the patient is sick at the stomach, and vomits ; it is particularly indicated when there is loathing of food, of tobacco ; for easy or violent vomiting, principally when accompanied by diarrhœa ; also when the complaint returns every day, or every other day, at the same hour.

Hepar (in sol., 12 h.), when the stomach is easily disordered, notwithstanding a regular mode of living is followed, or when

this occurs despite the utmost care, and frequently with craving for acids, strong acrid articles, or for wine; when accompanied by nausea, sickness of the stomach, and eructations, principally in the morning; at times sour and bilious vomitings and throwing up of phlegm; accumulation of phlegm in the throat, pain in the bowels, and hard, dry stools. It will be particularly useful for weak stomachs produced by taking blue pills or any other preparations of mercury.

Lachesis (in sol., 12 h.), in cases where Hepar has been insufficient, and when the complaint is worse immediately after meals, or early in the morning; when several days pass without any evacuation.

The most tedious cases of dyspepsia may sometimes be cured by Hepar or Sulphur, if these medicines are not given too often. When the administration of one of them is followed by improvement, the patient should wait patiently until the symptoms remain stationary or are decidedly worse again, before repeating the remedy. After the good effects of one appear to be worn out, it should be discontinued, and the other used in its stead. If both fail to effect a cure after having been continued for a considerable time, a few doses of Belladonna or Mercurius vivus will be of service, and afterwards Sulphur may act more favourably.

Mucous state of the Stomach.

This malady is characterised by debility of the stomach, attended with accumulation of phlegm in the mouth and throat, or with the throwing up of phlegm. In other respects the symptoms resemble those of "Disordered Stomach," with the exception that the taste is more insipid or sweetish. Before dinner the patients are usually very weak and miserable, and after dinner they feel full and uneasy.

In the treatment of this complaint, two or three doses of Ipecacuanha (in sol., 6 h.) should be first given, and then one of the following remedies.

Rheum (in sol., 6 h.), if in addition to the above symptoms

there be diarrhœa of a thin, brown, slimy character, which smells sour or musty.

Veratrum (in sol., 3—6 h.), when the symptoms are violent and accompanied by vomiting of bile, or bilious diarrhœa, &c.

Capsicum (in sol., 3—6 h.), if accompanied by burning in the throat or stomach, or in the anus during the evacuations.

Consult also the symptoms of Pulsatilla and Hepar in last chapter.

Persons afflicted with this affection should take cold water freely, 10 to 12 glasses every day, and gargle the throat each time.

Pyrosis. Heartburn. Waterbrash.

Heartburn consists of a burning or gnawing uneasiness felt principally in the pit of the stomach, and usually followed after a time by sour, or acrid eructations or risings.

In some instances it spreads over the whole region of the stomach, and is attended with anxiety, nausea, coldness of the extremities, debility and tendency to faintness.

It is frequently connected with dyspepsia and other affections of the stomach, and may be cured by the remedies recommended for these complaints.

Generally Nux vomica, Pulsatilla, Chamomilla, China, Capsicum, Carbo vegetabilis, Staphisagria and Belladonna will be most efficient.

When caused by smoking, Staphisagria; when it occurs chiefly after meals, China; if attended by much thirst, Belladonna. For the particular indications, however, see "Dyspepsia," "Spasms of the Stomach," and "Flatulency."

When these remedies are ineffectual in pregnant females, a slice of lemon sugared and kept in the mouth is salutary. Sometimes drinking sugar-water every morning, and freely of cold water at all times will remove it, although it may make it worse in the beginning. Water cracknels also give relief. Care should be taken not to use any soda or potash, as these often produce dangerous maladies; also avoid chalk, magnesia, prepared oyster

shells, &c., which often remain in hard lumps in the stomach, particularly when aperient medicines are taken afterwards.

Nausea and Vomiting.

In this complaint the possible causes ought to be taken into consideration, and the remedies be selected accordingly. Very frequently these symptoms disappear of themselves after vomiting, therefore it may be promoted by giving tepid water, tickling the throat with a feather, or by giving coffee without milk. No emetics should be taken; they always weaken the stomach. It is much better to give, when the tongue is much coated, white or yellow, Antimonium crudum, or, when the tongue is clean, Ipecacuanha (each in sol., 6—12 h.). Sometimes nausea and vomiting are caused by fright, by grief, vexation, by taking cold, by overheating, by sitting up at night, by overloading the stomach, by drinking intoxicating liquors or chamomile tea, by smoking, or by using rhubarb and other medicines. Having ascertained the causes, look under their respective heads.

When nausea and vomiting are caused by a fall which injures the head, Arnica (in sol., 3—6 h.) will remove it; when by some foreign body in the throat, see under that head.

When connected with giddiness or headache, see Chapter I., Part II. ("Headache"); when the medicines recommended in such cases do not give relief, give Lachesis (in sol.) once or twice, and afterwards Belladonna (in sol., 6—12 h.). For vomiting with cough, Ipecacuanha, Mercurius vivus, Capsicum, Pulsatilla, Bryonia, China, Drosera, Phosphoric acid, Sulphur, Calcareo, or Lachesis, will generally be indicated. The particular symptoms for the choice of each will be found under "Cough" or "Hooping Cough."

When caused by riding, give Cocculus (in sol., 12—24 h.).

Vomiting from weakness of the stomach, occurring after every meal, is often cured by Pulsatilla or Nux vomica, given alternately with Bryonia. Pulsatilla (in sol., 6—12 h.) will be beneficial when the stomach is so weak that only very little food can be taken at a time, and the least surfeit causes vomiting with

spasms and cutting pain in the bowels, or giddiness and vomiting of white, tough mucus, diarrhœa, weakness of the limbs, sometimes to fainting.

Cocculus (in sol., 6—12 h.), for the same symptoms as the above, when that is insufficient, followed if necessary by *Nux vomica* and *Bryonia*.

China and Ferrum met., taken alternately (dry n.), may be in some cases necessary to complete the cure.

Sulphur (dry), followed by Arsenicum or Hyoscyamus (dry), may be required in some violent cases which the foregoing remedies have failed to relieve.

Calcareæ (dry, n.) will be serviceable in protracted, tedious cases, especially after Sulphur.

Vomiting in children, caused by worms, will most generally be relieved by China, Mercurius vivus, Ferrum met. and Sulphur; see also "Complaints caused by Worms."

Sea-sickness.

For sea-sickness, Cocculus (in sol., 1—4 h.) is the principal remedy. When Cocculus fails to relieve, *Nux vomica* (in sol., 1—4 h.) will often be of service, especially if the stomach was disordered before going on board, or is so by the manner of living on board-ship. Tabacum (in sol., 1—4 h.) is of use when the sickness is of that kind known as deadly sickness, with complete prostration, coldness, and clammy skin. Owing to the differences in persons they are differently affected by the motion of the sea; some becoming easily accustomed to it, others, with greater difficulty, and others again, not at all. Hence the remedies must be adapted to the constitutional peculiarities from which the sickness arises.

Some persons are benefited by drinking brandy and water, and others by eating raw ham highly peppered. In most cases benefit will be derived by taking as much exercise as possible, forcing one's-self to eat, and placing blotting paper soaked in rum, brandy, or whisky, on the pit of the stomach. For uncomfortable sensations produced by the peculiar smell of the vessel, or

by the odour of the food, take *Colchicum* (in sol., 2—4 h.); where there is a craving for acids or something piquant, *Sepia* (dry), will be beneficial, taken once or twice; in cases of great debility, *Petroleum* (dry). In constipation, attended with a putrid taste and bloody gums, take *Staphisagria* (dry, n.).

Bryonia (in sol., 6—12 h.) is serviceable for that giddy, unsteady feeling often experienced on shore by those who have recently come off a voyage.

Gastralgia. Spasms in the Stomach.

It is well known that in this complaint the old system of medicine is entirely at fault; homœopathy, on the contrary, can do much. When of long standing and of the worst kind, it is frequently cured in a short time, even in old people; but at all events, by a regular and continued course of treatment. Among the domestic remedies many are very injurious; opium and morphine pills are in few diseases more dangerous and injurious than in this.

The following remedies may be tried, and will sometimes alleviate the complaint. From time to time a tablespoonful of milk may be swallowed, and the region of the stomach rubbed with olive or lintseed oil. Some persons find relief after taking thin chicken soup, some from the application to the region of the stomach of a sheet of blotting paper steeped in rum. The same persons, however, will find greater relief from taking *Nux vomica*, if they will only refrain from the use of ardent spirits and coffee, and even avoid smelling them. A few handfuls of common roasted oatmeal may be placed warm upon the stomach in a small bag—the meal must not be quite as brown as coffee. This is very useful when the patient has before taken opium or laudanum, which has, as usual, aggravated the complaint.

Nux vomica (in sol., 3—6 h.) is particularly adapted to spasms occurring in coffee or brandy drinkers—when the pain in the stomach is contracting, or pressing, the clothes seem too tight, or there seems to be a collection of wind on the left side under

the ribs, worse after eating, after rising early, sometimes disturbing the patient in his sleep. These pains are sometimes accompanied by oppression of the chest, as if a band were drawn around it; sometimes it extends between the shoulders and to the small of the back. The pains are frequently attended by nausea or accumulation of water in the mouth; or sour, bitter, burning water rises in the throat; vomiting of food; sour, putrid taste in the mouth; flatulency; distension of the abdomen and constipation.

Sometimes it is accompanied by one-sided headache, pressing pain in the forehead, or palpitation of the heart and nervousness. In severe cases a dose may be taken every three or four hours until relief is obtained, or if after taking three or four doses the patient is not better, another remedy must be selected; generally *Chamomilla* or *Cocculus* (in the same way) will be most appropriate. When the disease is less severe, and partakes more of a chronic character, a dose of *Nux vomica* (dry) in the evening followed by another next morning will frequently be sufficient to effect a cure; if, however, there should be but temporary improvement, and the complaint returns again in a few days, a dose of *Pulsatilla*, *Chamomilla*, or *Ignatia* (dry)—which ever seems best adapted to the symptoms—must be given.

After this the *Nux vomica* may be repeated again, and if the disease returns notwithstanding, *Carbo vegetabilis* (in sol., 6—12 h.) may be given.

If drinking coffee aggravates the complaint, *Nux vomica* will be the proper remedy; if the pain is relieved by it, *Chamomilla*.

Chamomilla (in sol., 3—6 h.) will also be indicated when there is a pressure on the stomach as from a stone; when the pit of the stomach and the parts immediately under the ribs on the left side seem swelled, as if they would burst, accompanied by shortness of breath. The symptoms are worse during the night; the patient is exceedingly uneasy, tosses about in the bed, and perspires profusely; sometimes he is troubled with a throbbing pain on the top of the head which drives him out of bed. The pain in the

stomach is somewhat alleviated when he draws himself up, and lies perfectly quiet. When the pains are very violent, first give *Coffea* (dry), and afterwards, if necessary, *Chamomilla*. If *Chamomilla* is of but little use, give *Belladonna* (in sol., 3—6 h.).

Spasms in the stomach during menstruation can generally be cured by *Nux vomica* or by *Chamomilla*; but if the discharge is very scanty, *Pulsatilla* or *Cocculus* (all in sol., 3—6 h.) is more likely to prove of service.

Cocculus (in sol., 3—6 h.) is indicated when *Nux vomica* gives some relief, but the pain returns very soon, and is accompanied by hard evacuations, or entire costiveness; when the pain in the stomach is accompanied by a pressing, contracting pain extending over the abdomen, alleviated by the discharge of wind; when there is some sickness of the stomach, and collection of water in the mouth without heartburn; when the patient is not irritable, angry, nor violent, but rather sullen and taciturn.

Belladonna (in sol., 3—6 h.), when *Chamomilla* proves ineffectual, or gives only partial relief, especially in females who are delicate and sensitive; when there is a gnawing pressure or a spasmodic tightness of the stomach which obliges the patient to lean back or to keep his breath, and which mitigates the pain; also, when the pain always returns after dinner; when it is so violent as to deprive the patient of consciousness, or make him faint. It is mostly accompanied by thirst, and drinking increases the pain; evacuations tardy and trifling; the patient cannot sleep at night.

Bryonia (in sol., 3—6 h.), for the same kind of pressure as *Chamomilla*, particularly when it commences during meals, or immediately after, and the pit and region of the stomach seem to be swollen; sometimes the pressure changes to a contracting pinching or cutting pain, which is relieved by pressing upon the stomach, or by cruetations of wind; the pains are aggravated by motion. These symptoms are attended with constipation, and a pressure in the temples, the forehead or back part of the head as if the bones of the head were being forced asunder, which is better when pressed hard or tied tight with a handkerchief.

Pulsatilla (in sol., 3—6 h.), when the pains are of a shooting character; are worse when walking, particularly on making a false step, and always accompanied by nausea or vomiting; the evacuations loose; no thirst except during the most violent pains; also when there is great tightness of the stomach, with forcing pain, or violent throbbing with anxiety; griping pain, diminished by eating. The symptoms are usually made worse by eating, especially of rich or fatty substances. This remedy is most suitable for persons of a mild, quiet disposition.

Ignatia (in sol., 3—6 h.) will be serviceable in cases of two or three days standing, in which several remedies have been given; the pains resemble those under *Nux vomica* or *Pulsatilla*; pressure after every meal in the upper part of the stomach or lower part of the throat; loose evacuations of the bowels; and nausea or vomiting. It is suitable in cases brought on by insufficient food or starvation.

China (in sol., 6—12 h.), for spasms of the stomach in debilitated persons brought on by using emetics or cathartics, being bled or cupped frequently, or by profuse loss of blood in any way, or by salivation or loss of fluids by other means. It is of the first importance in spasms occurring in females who are nursing, or who are debilitated by nursing their children too long; or from excessive secretion and involuntary emission of milk. *Belladonna* will follow it in these cases advantageously. It must, therefore, be given first, when females have spasms in the stomach from nursing, particularly when much milk runs away (here *Belladonna* is to be given afterwards), or when they continue nursing too long, that is, more than nine months; in the latter case the child ought to be weaned. Generally, when the digestion is not good, with too great a secretion of mucus, acidity and acrid bile in the stomach; when the stomach feels sore; when meat and drink cause pressure and inflation of the stomach, and when the pains are worse when the patient is at rest, and better when in motion, *China* will be the best remedy.

Carbo vegetabilis (in sol., 12 h.), particularly when *Nux vomica* has proved useful, but only for a short time; when there

is a burning pain, or a constant, painful, agitating pressure, worse when touched; or with a contracting, spasmodic sensation, forcing the patient to bend, taking away the breath, and aggravated by lying down. Frequently accompanied by heartburn and nausea: loathing at the very thought of food; constipation.

Calcareo (in sol., 12 h.), in chronic cases, or when Belladonna has been of temporary benefit; for oppressive, cutting, spasmodic, pinching, choking pains, with a feeling of anxiety; frequently attended by vomiting of food; worse after eating and at night; with pain from external pressure; it is particularly suitable for women whose monthly illnesses are, or have been, very copious; or for those who bleed much from the nose.

Sepia (in sol., 12 h.) may advantageously follow Pulsatilla, if the pains are caused by suppressed or difficult menstruation; it is indicated in most of the painful symptoms that take place after a meal, by extreme pressure in the stomach, and by a burning pain in the epigastrium.

Staphisagria (in sol. 12 h.) is useful in some cases, and is particularly applicable when there is acute pressure, tension, and squeezing about the pit of the stomach, which sometimes obstructs the breathing, but which is relieved by bending the body forward.

Stannum (in sol., 12 h.) will be found more appropriate when the pain partakes of a marked tensive character, and extends to the region of the navel, and there is extreme sensibility in the region of the stomach on external pressure, with shortness of breath, anxiety, and nausea.

Platina (in sol., 12 h.), for spasms of the stomach in females, occurring particularly at the monthly period, and especially when the catamenia at the same time are generally very copious and of too long duration.

Vomiting of Blood. Hæmatemesis.

This affection may be preceded by all or a part only of the following symptoms: weight, pressure, fulness, or tensive pain or spasms in the region of the stomach; griping or colic; burning

heat in the epigastrium; feeling of anxiety, especially after eating, or drinking, or on pressure on the stomach; appetite impaired; saltish taste in the mouth; giddiness; cold perspiration; fainting.

The blood evacuated is sometimes dark (venous), at others bright red (arterial), and it may be either profuse or in small quantity. It is occasionally mixed with food, mucus, bile, &c.

The *direct* cause of hæmatemesis is the rupture of one or more of the blood-vessels of the stomach or the exudation of blood from the mucous membrane without rupture; the *exciting* causes are numerous; it may occur from debility produced by disease or by the abuse of drastic purgatives or emetics; by poisoning; swallowing irritating or sharp pointed substances.

The suppression of an accustomed sanguine discharge is, however, probably the most frequent cause—as a sudden check of the hæmorrhoidal discharge, and the determination of blood to the stomach; or the suppression of the menstrual flow, which is in females a common cause of the affection.

The following are the medicines which will be found useful in the treatment, in the majority of instances: Aconite, China, Pulsatilla, Nux vomica, Ipecacuanha, Arsenicum, Sulphur, and Arnica. The disease, however, is generally so serious in its character, that it will seldom be treated without the advice of a physician; hence it is unnecessary to point out the particular indications for the choice of each remedy. Benefit may be derived from the application of dry cups to the abdomen and under the ribs, as recommended in “Hæmorrhage of the Lungs.”

CHAPTER X.

AFFECTIONS OF THE ALIMENTARY CANAL AND URINARY AND SEXUAL ORGANS.

Colic. Enteralgia.

COLIC, or griping, consists of a shooting, gnawing, or tearing pain in the bowels, principally confined to the region of the

navel, generally attended by painful distension of the abdomen, and sometimes by costiveness and vomiting or diarrhœa.

It is often an accompanying symptom of some other disease. It may be excited by partaking of acid fruits and indigestible substances ; by catching cold from changes of weather, wet feet, exposure, &c.; also by drinking cold water or other cold beverages when heated ; by worms, constipation ; by the action of lead on the body, as met with frequently in painters, plumbers, compositors, and other workmen who come much in contact with lead ; also in persons who have drunk wine adulterated with pernicious metallic poisons, or who are in the habit of using water highly impregnated with carbonic acid, which flows through leaden pipes. See Part I., Chaps. VI. and VII., on the treatment of those injured by lead or paints, &c.

Treatment.—In the treatment, it may be necessary to consult “Colic” in Part First, and also “Spasms of the Stomach” in the preceding chapter.

The chief medicines are : Chamomilla, Nux vomica, Mercurius vivus, Pulsatilla, Colocynthis, Belladonna, Causticum, Cocculus, China, Ignatia, and Sulphur.

Chamomilla (in sol., 2—4 h.) is suitable for children, also for grown persons, when, besides the symptoms given under the head of “Pain in the Bowels” in Part First, blue circles appear under the eyes, when there is much saliva in the mouth, tearing pain around the navel, and a feeling in the small of the back as if it were broken ; if Chamomilla does not answer, give Pulsatilla. Chamomilla is also suitable for wind pent up in different parts of the abdomen, with a sensation as if it were going to escape there ; stitches in the breast ; swelling under the ribs and in the pit of the stomach ; great agitation, uneasiness, and clammy perspiration ; rattling and rumbling in the abdomen ; frequent inclination to stool, with small, slimy, watery evacuations.

Nux vomica (in sol., 3—6 h.), when there is constipation or difficult evacuations, a sensation as of a weight in the abdomen, with rolling and grumbling, and great heat ; the pains are

pinching, drawing, compressing, as if the intestines were pressed by a stone in different parts; oppression in the pit of the stomach; the abdomen is painful when touched and tense; the breath short and difficult—a general feeling of distension; the parts under the ribs feel as if stuffed; during the most violent paroxysms of pain, the hands and feet are cold; sometimes the patient is deprived of consciousness; pain and flatulency deeply seated in the abdomen; a strong pressure on the bladder and rectum as from a blunt knife; the pain makes the patient double himself up, and is worse at every step. Better when at rest, when sitting and lying. Generally attended by violent headache and pain in the small of the back. A number of these symptoms are attributed by ignorant persons to some obstruction, which they think must be removed by aperient medicines. Refer also to “Constipation.”

Mercurius vivus (in sol., 3—6 h.) for violent, twisting colic; the region around the navel is hard; jerking pain externally of the abdomen, which is inflated and hard; crawling in the throat, hiccoughing, voracity, aversion to sweets; nausea, with water rising in the throat, straining evacuations, secretion of slime, great debility; worse attacks of colic about midnight—if *Mercurius vivus* does not quickly relieve the patient, and the above symptoms are attended with itching of the nose, give *China*; if this does not effect a complete cure, *Sulphur*. *Mercurius* is generally necessary in cases of painter's or lead colic.

Pulsatilla (in sol., 3—6 h.), when there is stinging pain in the bowels, with throbbing in the pit of the stomach, a disagreeable tightness in the abdomen, as if it were too full; growling and rumbling; the wind cannot be got rid of; irritation and heat in the abdomen which is inflated; general heat, the veins on the hands and forehead are swelled, the patient is forced to take off his clothes on account of the heat and tightness, the abdomen is painful when touched, as if bruised; all the symptoms are worse when lying down, somewhat better when walking about; when rising, the small of the back aches as if bruised; also, with the pinching, cutting pains, there is tearing and shooting

pains above the navel; uneasiness, heaviness in the belly, with painful tension, when touched it aches; weakness of the stomach, white, frothy saliva in the mouth, diarrhœa; yellow, gray evacuations, with violent pains in the stomach, pale face, blue circles around the eyes; contractions of the whole body; pressing tensile headache. When caused by an overloaded stomach, first give coffee without milk, and afterwards, if necessary, Pulsatilla; if that does not cure the complaint, give Belladonna.

Aconite (in sol., 2—4 h.), in cases like the last mentioned, when in addition the bladder is affected, the patient has violent pains in the region of the bladder, with a constant inclination to make water,—the urine, however, does not pass; these symptoms are accompanied by nervousness and uneasiness, and the abdomen is excessively sensitive. It should be given 2 or 3 times, and afterwards, if necessary, Nux vomica.

Colocynthis (in sol., 2—6 h.) is the principal remedy for colic, when the pains are very violent, constant, or only cease for a short time, and then recommence with greater violence; when the most violent pain is confined to a small spot about the navel, and returns periodically every five or ten minutes; or when it commences with a slight drawing pain, tending towards the centre, which increases gradually, and at last changes to a jamming, pressing, or boring and tearing pain, so violent, that the patient cries and shrieks aloud, twists about like a worm, is covered with perspiration, presses the abdomen with his hands, pushes furiously against the bedposts or corners of the tables, &c., lies on his face, and places pillows under himself, and tries every way to get some ease.

For colic, arising from irritation of mind, if Chamomilla proves inefficacious, Colocynthis should be given.

Persons who have previously suffered from these attacks for several days, or periodically, and have taken laudanum, which will cause the attacks to return the sooner, may, when they feel the least symptoms of an attack, take Colocynthis (dry); it is also most suitable when former attacks have weakened the intestines, which feel as if every part were bruised, and hanging

on threads which might break at every step. If the first dose does not give immediate relief, and if the complaint gets worse, give coffee without milk, a teaspoonful at a time, which may be repeated as long as it alleviates the pain; if it grows worse again, give another dose of *Colocynthis*, alternating it with the coffee, until the pain ceases. If, after taking one dose of *Colocynthis*, the pain increases no longer, but there is a slow improvement, dispense entirely with the coffee, and let the medicine act as long as there is any improvement, or until the disease is cured. The second dose is generally sufficient, almost always the third; in the worst cases I never found it necessary to give more. For any remaining symptoms give *Causticum* (dry), once in the morning and once in the evening.

When the patient has, unfortunately, taken laudanum, a drug most injurious in this complaint, although very commonly taken, give coffee first and then *Colocynthis* (dry). If that does not answer, try *Chamomilla* (dry), and then again *Colocynthis*. There are, however, some cases of violent colic, which *Colocynthis* will not cure, and in which one of the following remedies must be given.

Belladonna (in sol., 3—6 h.), when, during the pain, a thick, sausage-like swelling protrudes across the abdomen, and when bending over, or pressing upon it gives some relief; when the pain is griping and bearing down, as if the intestines were about falling out, the symptoms getting worse when the patient is up and walking about; particularly when the stools are thin and watery. In the latter case, *Mercurius vivus* (dry) frequently removes the remaining symptoms. *Belladonna*, suits, generally, when the face becomes very red, the blood rises into the head, the veins are swelled, and the pains so violent that the patient is almost distracted. Also, for pains under the navel, when there is a griping, as if produced by taking hold of the parts with the finger nails, and when accompanied by pains in the small of the back.

Cocculus (in sol., 3—6 h.), for pains, similar to those described under *Nux vomica*, particularly when there is a contraction in the abdomen with a downward and outward pressure, attended

with some nausea; or when there is a large accumulation of flatus in the stomach and intestines, causing great distension of the upper part of the abdomen, and pain with rattling in the stomach, and pressure under the ribs, all of which symptoms disappear as soon as the wind passes upwards.

China (in sol., 3—6 h.) is suitable for flatulent colic, resembling that described under *Chamomilla* and *Cocculus*; but when the intestines are first contracted in the lower part of the abdomen, and press outward with oppressive and tensive pain, with tension under the short ribs, and agitation; particularly when the colic begins in the night; in debilitated persons, or after profuse sweats, or in females who are nursing.

Ignatia (in sol., 3—6 h.) frequently relieves colic which awakens the patient out of sleep; when there are shooting pains, which extend into the chest and sides, when the wind is discharged with much difficulty, after which the pains moderate; it is suitable for sensitive females. When the colic commences in the evening, and the flatulency causes nausea and vomiting, *Pulsatilla* is better.

Colic, preceded by a bitter taste, a yellowish, coated tongue, much thirst, which, as the saying is, is caused by bile, attended sometimes by vomiting, or bilious evacuations, may generally be cured by one or two doses of *Chamomilla* (in sol., 3—6 h.); or in bad cases by *Colocynthis*, and when these remedies do not suffice, by *Sulphur* (in sol., 6—12 h.).

Flatulency.

Flatulency, or a collection of wind in the intestines, often causes colic, the remedies for which have already been mentioned. When it does not cause violent pain, but heat, uneasiness, and inflation of the abdomen, which interferes with the breathing, as is frequently the case after taking flatulent food, beer, &c., or from drinking water after eating fat meat, give *China* (dry), and afterwards, if required, to choleric persons, *Nux vomica* (dry): to quiet, mild tempered persons, *Pulsatilla* (dry); if caused by pork, also *Pulsatilla*, when *China* does not give relief. If it re-

turns often, give Sulphur (dry), if this also fails, send for a homœopathic practitioner.

Inflammation of the Stomach and Intestines. Gastritis and Enteritis.

Although gastritis and enteritis are commonly considered separately, and are, in fact, distinct diseases, yet, as they often run into one another, and the tissues affected are identical, it will be sufficient for our purpose to consider them under the same head.

The treatment of this disease by domestic remedies, and that of the common physicians are alike injurious. It is impossible to provide here for all cases, but it will always be better to go by the rules here laid down, than to resort to violent treatment. If a homœopathic practitioner can be had, it is always better to consult him.

An inflammation of this kind may be supposed to exist, when a burning, sometimes a stinging or tearing pain is felt in any part of the abdomen; which is very tender when pressed upon, and aches at every motion or movement, such as coughing, sneezing, laughing, &c. The part is sometimes tight and swollen, when it is near the chest; it produces difficulty of breathing, particularly of inspiration; it is mostly accompanied by vomiting or by eructation, *which gives no relief*—also by constipation. The latter symptom induces many persons to take aperient medicines, which, in this affection, are absolute poisons; the former, to take emetics, which may cause death. The abdomen should be left perfectly undisturbed; the drink should be water, and from time to time some mucilaginous articles—nothing else whatever; the constipation will last until the inflammation is removed. When the patients are recovering, and begin to eat, the evacuations will recommence of their own accord. I have seen most dangerous cases, where no evacuation of the bowels took place for fifteen days, and the patient recovered notwithstanding, and regained his strength rapidly.

Besides the above symptoms, there are in some cases the fol-

lowing: the face is pale, bluish, sunken; there is violent fever, but a weak pulse, the mind dejected and agitated. When the disease is at its height, the vomiting and the pains are both very violent, the patient is exceedingly weak; the extremities cold; hiccough sets in, and the abdomen is finally distended, and extremely sensitive.

When the disease attacks the *stomach*, the pain is generally in the pit of the stomach, extending under the ribs and towards the back, or through the abdomen; eating and drinking are immediately succeeded by vomiting; with violent thirst, there is sometimes an aversion to water. When the seat of the disease is in the intestines in any part of the abdomen, the vomiting does not take place for some time after eating or drinking; the abdomen is swollen and tender, the patient complains of intense burning heat, in the whole or some part of it. There is also usually great thirst, constipation, &c.

Aconite (in sol.) is the remedy which will in most cases be required at the commencement. It may be repeated every hour, until there is some improvement, or until an aggravation of the symptoms render the selection of one of the following remedies necessary:

Ipecacuanha (in sol., 2—4 h.), when the pains are worse in the front part of the abdomen, and extend to the left side under the ribs, whence they spread along the ribs towards the back or the abdomen, with swelling in the region of the stomach, great agitation and vomiting; if it proves efficacious it may be repeated 2 or 3 times.

Antimonium crudum (in sol., 3—6 h.) will be preferable to Ipecacuanha if the tongue is covered with a white or yellowish coating.

Pulsatilla or Nux vomica (in sol., 3—6 h.) if the disease was produced by a disordered stomach.

Bryonia (in sol., 3—6 h.), after Aconite or Ipecacuanha, when the pain and fever are very violent, and the complaint has been caused by taking cold, particularly by drinking cold water when

the patient was overheated; when it ceases to be efficacious, give *Nux vomica* (in sol., 3—6 h.). When the patient seems stupefied, or speaks unconnectedly, or is not aware how ill he is, give *Hyoscyamus* (in sol., 2—4 h.), and repeat it several times; if it does not give relief, give *Belladonna* (in sol., 6—12 h.). If the extremities become cold, and the patient is evidently sinking, the face becoming very pale, or otherwise much altered, give *Veratrum* (in sol., 3—4 h.); if this proves unavailing, *Arsenicum* (in sol., 3—4 h.), which should rarely be given more than twice. After *Arsenicum*, *Aconite* may in many cases be given again, and then *Arsenicum* once more, giving them in this manner alternately (in sol., 3 h.). If *Arsenicum* makes the complaint worse, give *Nux vomica* (as above).

China (in sol., $\frac{1}{2}$ —1 h.), immediately after or in alternation with *Aconite*, when the pain is worse on the left side, under the ribs, whence it extends downward, when there is generally in the beginning vomiting of blood and violent fever. If improvement follows the first or second dose, wait until the symptoms become worse before giving it again.

Arnica (in sol., 3—4 h.) may be given for the above symptoms if *Aconite* and *China* are insufficient, and the pains are more of a pressing or shooting character, and render the breathing difficult and painful—also when the pains resemble more those of typhus fever—the patient, quite indifferent, dull and stupid, is insensible to his suffering, and insists that there is nothing the matter with him. *Nux vomica* (in sol., 3—6 h.) may be given with advantage after the above remedies when the disease has continued for some time, without much improvement, and there is a dull pressure on the stomach with constipation. *Bryonia* (in sol., 3—6 h.) in cases where there are acute pains in the stomach and abdomen, increased by the least motion and which sometimes extend to the chest, and constipation.

Arsenicum (in sol., 3—6 h.), when there is diarrhœa, with a discharge of much blood, without alleviating the pains; or when they are violent and burning, and the patient is very weak;

also when the disease assumes a periodic character, is worse every other day, this remedy, or China, will be most appropriate.

When the pain is more under the ribs, on the right side, toward the front, extends up or down, give one of the following remedies :

Chamomilla (in sol., 2—3 h.), if the pains are of a dull character, and not increased by external pressure, nor by motion or inspiration, and when there is pressure on the stomach, tension under the ribs, difficulty of breathing, a yellow tongue, bitter taste, yellowish skin and paroxysms of oppression and inquietude; when these paroxysms become more frequent, principally during the night, and are attended with green, slimy diarrhœa and sickness of the stomach, give *Pulsatilla* (in sol., 2—3 h.); if, on the contrary, the bowels are constipated, the skin less yellow, but the chest more affected, give *Bryonia*.

Mercurius vivus (in sol., 3—6 h.), for pressing pain, which does not allow the patient to lie on the right side, with bitter taste in the mouth, more thirst than hunger, constant chilliness, very yellow skin and eyes; sometimes it may be alternated with *Belladonna*, or, in critical cases, with *Lachesis*.

Belladonna, (in sol., 2—3 h.) for pressing pains which extend to the chest and shoulders; when the pit of the stomach is swollen, with tension above the navel across the abdomen; difficulty of breathing and nervousness, attended by determination of blood to the head, with dimness before the eyes, and giddiness almost to fainting, frequently accompanied by violent thirst, uneasy tossing about and sleeplessness. If no improvement follow its use during twenty-four hours, give *Lachesis* (in sol.), and repeat it as often as the complaint gets worse; when *Lachesis* ceases to act favorably, give *Belladonna* again, or select another remedy.

Nux vomica (in sol., 2—3 h.), for acute pain, sometimes attended with throbbing and stitches, the part affected being very sensitive to the touch; sour or bitter taste; nausea or vomiting; oppression and shortness of breath, as if the clothes

were too tight, while the removal of them rather aggravates the sensation than otherwise; thirst, red urine, oppressive headache.

Sulphur (in sol., 6—12 h.) may be given after *Nux vomica*, if there should be but little or no improvement from the latter—and the stinging pains continue. And also after the other remedies recommended when they afford no immediate, or only partial relief. If the disease is worse every other day, give *China*, as prescribed for pains in the left side.

When the pain is more in the abdomen, in the middle or lower part, and is aggravated by motion or pressure, and the most painful part is swollen, give *Aconite* (in sol., 3—4 h.). If this gives no relief, and the abdomen continues to be sore when touched, give *Lachesis* (in sol., 1—2 h.), to be repeated an hour after; if two doses fail, give *Belladonna* (in sol., 2—3 h.). In some cases, *Hyoscyamus*, *Bryonia*, *Nux vomica*, *Arsenicum*, and sometimes *Mercurius vivus* may do good—the latter particularly after *Lachesis*. Refer to what has been previously said of these medicines in this chapter.

All aperients ought to be carefully avoided in this complaint, though it is mostly attended by obstinate constipation—the less this is interfered with the sooner will the patient be restored to perfect health; if he takes cathartics or emetics, he may die in consequence, or they may produce a tedious malady which is difficult to cure. In this complaint it is, therefore, a good sign when the bowels are constipated, and a very bad sign when the evacuations become thin, and still worse when they pass involuntarily. Even in this dangerous stage of the disease *Hyoscyamus* (in sol., 2—3 h.) may sometimes save the patient. After 2 or 3 doses, if he does not grow decidedly worse, give no more, and await the result.

Children are frequently subject to attacks of this kind: when the pit of the stomach and the parts under the ribs become distended by pain in the abdomen, give *Mercurius vivus* or *Chamomilla* (in sol., 2—3 h.). See also “Diseases of Children.”

Determination of Blood to the Abdomen.

This affection consists of a troublesome sensation of heat and burning in the stomach, attended with hardness, tension, dull pain, and symptoms as if arising from a surfeit without any excess having been committed. Hypochondriacs, persons who are of sedentary habits, or those who have the piles, are most liable to it. The principal remedy is Sulphur (in sol., 6—12 h.). If, however, it is accompanied by pains in the small of the back, with a feeling of great weakness in that region, rendering it almost impossible to walk, *Nux vomica* (in sol., 6—12 h.) will be preferable. If accompanied by diarrhoea with small, soft, slimy or watery evacuations, *Capsicum* (in sol., 3—6 h.) should be given: or if attended with diarrhoea and great prostration of strength, *Arsenicum* (in sol., 6—8 h.). In addition to the above, the following remedies may be serviceable;—*Belladonna*, *Veratrum*, *Pulsatilla*, *Bryonia*, *Chamomilla*, *Rhus tox.* See also "Piles."

Worms. Helminthiasis.

Many complaints are ascribed to worms which arise from very different causes. When children have been fed upon pap, cakes, and similar articles of a hurtful nature, or when the mother, whilst nursing, overloads her stomach with meat, fish, salted and fat things, particularly with pies, the children must necessarily become sick in consequence, or a predisposition to sickness be inducted. When, besides this, the children are dosed with vermifuges, injections, purgatives, &c., the worms cannot fail to prosper and increase.

When children are supposed to have worms, the first thing to be looked to is a rational mode of living, by which means the worms will soon diminish, and if symptoms of the complaint remain, the remedies will afterwards prove the more effective. Most persons are by far too much afraid of these little animals, which are not nearly as noxious as the remedies usually prescribed for them, and particularly as the nostrums puffed in the

newspapers. Simple persons believe these things, and pay for the trash, when, if they knew what they or their children were swallowing, they would rather pay twice as much to keep it out of the house, to say nothing of their bodies.

It is true these things sometimes kill the worms, but too frequently they kill the children also, or affect the abdomen in such a manner, that the consequences appear many years after. First, it is to be considered that almost all children have worms, sometimes before they are born, and that it is frequently a sign of a dangerous disease when these worms pass off spontaneously; secondly, that what these worms subsist upon in the body is more hurtful than the worms themselves. Almost all the symptoms attributed to worms may arise from some general disease in the system, which has a tendency to increase them, especially if aided by an unwise mode of living. When the worms have become very numerous, they give rise to various complaints, which, joined to the symptoms of the original malady, sometimes become dangerous. When the worms are expelled, the symptoms which they gave rise to of course disappear, but the real disease may increase.

Sometimes diseases subsequently make their appearance which are worse than the first, although slower in their operation, and perhaps not manifesting themselves until the tenth or twelfth year. Expelling the worms is of no essential use. The remedies here prescribed will frequently cure the disease itself, and if there are really too many worms, which is but rarely the case, will remove them also. Children who have worms should have enough to eat, but not too much bread, very little salt, and few or no cakes or pies, but in preference a good deal of ripe, cooked, or dried fruits, and, in particular, carrots.

When you are not certain of the existence of worms, and the child becomes emaciated, and vomits frequently, give first, *Ipecacuanha* (in sol., 6—12 h.); but when the tongue is coated, *Carbo vegetabilis* (in sol., 12—24 h.); if this has no effect, *Pulsatilla* (in sol., 6—12 h.); if the child has been much troubled with diarrhœa, or has taken much aperient medicine, give *China*,

(in sol., 6—12 h.), when the bowels are constipated *Nux vomica*, (in sol., 6—12 h.).

When the child passes worms occasionally, picks its nose much, and the belly is distended, give *Cina* (in sol., 12—24 h.), which is one of the chief remedies for all complaints really arising from worms.

For colic caused by worms, with frequent inclination to vomit, when much water collects in the mouth, and the parts around the navel are hard, also when the whole abdomen is hard and distended, with frequent ineffectual straining to evacuate, or secretion of nothing but slime, give first *Aconite* (dry), some hours later, *Cina* (in sol., 2—4 h.); and if this be not sufficient, *Mercurius vivus* or *Silicea* (dry). In all complaints caused by worms, *Aconite* is of great use in the beginning, and if this and the other remedies mentioned above, do not remove them, *Sulphur* (dry) should be given, and will be found to be of great value, particularly after *Mercurius vivus*. These remedies will generally effect a cure. In rare cases attended with much thirst, sudden starting, and fright, *Belladonna* or *Hyoscyamus* (in sol., 12 h.) may be required. In very bad cases it may also be necessary to give a dose or two of *Lachesis* (dry).

Persons troubled with *tape worms* discharge joints of this worm from time to time; these pieces are nearly square, quite flat, about as broad as the little finger. There is no sure sign of the existence of tape worms, except there is a discharge of pieces of this description, which generally pass away about the new and full moon.

Tape worms may frequently be destroyed by taking, when the moon is waning, two mornings successively, a dose of *Sulphur* (dry), and at the next full moon, *Mercurius vivus* (dry, n.) in the same way, and eight days after, *Sulphur* again twice; repeat these remedies in the same order several times. Sometimes the tape worm is discharged after taking a few doses of *Calcarea*. *Cuprum* (dry, n.) has also been found by some very effectual in removing the tape worm. If this treatment does not effect a cure, apply to a homœopathic physician.

For *ascarides*, the small worms which are found in the anus, see "Itching of the Anus."

Itching of the Anus.

This troublesome affection may generally be cured by one or more of the following remedies :

Nux vomica (in sol., 12 h.) will be applicable when the itching is seated either internally or externally, is worse when sitting or moving, and also after taking stimulating food and drinks, and is accompanied with pains, or dry piles, or moist and bleeding piles, or costiveness ; also when caused by strong liquors, beer, or coffee ; or in people who lead a sedentary life, in pregnant females ; when caused by *ascarides*, which may be discovered moving about in the sphincter and upon drawing it apart.

Aconite (dry), if the itching arises from *ascarides*, and *Nux vomica* is inefficient, and children are very uneasy during the night, and have fever. It should be given in the evening, or during the night, and if ineffectual, followed by *Ipecacuanha* (dry) in the morning. If the children are again troubled in this way, particularly after every full and new moon, give, when the moon is full, *Sulphur* (in sol., m.), and *Silicea* (in sol., m.) when it is new. A dose may be given every morning for a week. If the complaint should return at the next full moon, give *Calcareæ* in the same manner as *Sulphur* is directed to be given. Let the children eat no pork, very little salt, and as little pastry and cakes as possible. If there should be no relief notwithstanding the use of the above medicines, give *Ferrum* (dry) every other morning ; if diarrhœa makes its appearance, dispense with the medicine, and if the diarrhœa still continues, give *China* (in sol., 6—12 h.).

While children are taking the above remedies (*Sulphur*, *Calcareæ*, *Silicea*, and *Ferrum*), nothing else is to be given, unless it be a dose or two of *Aconite* to remove any febrile symptoms that may arise.

Cina (in sol., 6—12 h.) is useful when there is feverishness

at night, with moaning and grinding of the teeth when asleep, boring with the fingers in the nose, or picking the lips, much itching at the fundament and great desire for salt; particularly when the child is fretful and irritable, with uncertain appetite and white tongue.

The itching may be allayed by rubbing the parts with sweet oil, or by introducing a piece of bacon, about the size of a finger, attached to a string, into the anus; allowing it to remain there for ten or fifteen minutes, and then removing it.

Injections of cold water every evening are also serviceable in many cases. Applications of this kind do not disturb the operation of the remedies. When, however, all these means prove abortive, which may be the case with some children in whom it is hereditary, try small injections of salt water, and if these fail or cause diarrhœa, weak injections of water and vinegar. Lemon-juice has often proved efficacious in allaying the itching, by applying it once or twice a day. Eating asparagus, when this plant is in season, which is the time that the worms are usually most troublesome, has also been found advantageous.

One of the best remedies, however, for children, is a drop of the tincture of *Urtica urens*, in a little water, every morning for several days.

When the itching is caused by piles, swollen, red, or bluish tumors in the anus, give the following remedies:

Nux vomica (in sol., 6—12 h.), if, besides the itching, there is a burning and pricking sensation, the anus so contracted that the natural discharges are effected with much difficulty, accompanied by dull shooting pains and jerking in the small of the back and around the anus at every evacuation; or pain in the small of the back as from a bruise, which makes the patient cry out, and bend forward when walking or sitting. It may be followed, if necessary, in a day or two by two or three doses of *Ignatia*.

Sulphur (in sol., 12 h.), for several days, will be serviceable when, in addition to the itching, there is burning, pain and soreness in and around the anus, with stitches; the tumors are

moist; with a sensation of fulness and heaviness, and sometimes protrusion (prolapsus) of the anus; constant straining to evacuate, or thin diarrhœa mixed with blood, with violent stinging pains in the small of the back; stiffness in the small of the back, or feeling of contraction. If this does not effect a cure, give Aeonite; and should that also fail, let the patient smell Camphor.

Hemorrhoids, or Piles.

This is a disease which consists principally in the discharge of small quantities of blood at the anus every four or six weeks, preceded by more or less indisposition, and followed by a feeling of great relief. Very often other and more dangerous diseases are prevented by this complaint.

Frequently the symptoms which precede the discharge are very troublesome. Sometimes the discharge ceases in part or entirely, at others again so much blood is discharged that it becomes alarming; tumors are frequently formed in the anus, which become very painful, particularly when no blood is discharged.

Not unfrequently after a sudden suppression of piles a disease of a more dangerous character appears in their stead. For all these symptoms medicines should be taken, and the manner of living be such as to prevent the disease from assuming a more malignant character. The patient should not sit much, particularly on very soft cushions, except during the time the tumors protrude. He must avoid all ardent spirits, strong beer, and coffee; drink water freely, and take plenty of exercise.

The doctors of the old school, not knowing how to cure piles, have thought it best to cut them off. This is not a very difficult operation, and any one can perform it who has the proper scissors; nor is the pain very acute—but it is very unwise, and frequently attended by dangerous consequences. Sometimes the bleeding consequent upon it can only be stopped by cauterizing the parts or by using creosote, which latter may cause incurable ulcers.

At all events, cutting off the tumors is of no use but to suspend the pain for awhile, as they almost always reappear in a short time higher up in the rectum, where the pain is of course, more violent, and where it is more difficult to cut them, in attempting which, the rectum is frequently incurably injured ; if the operation is repeated, they grow still higher up, and then these operators are at a loss.

The patient is in a worse condition than at first, and is then left to his fate. The homœopathic practitioners, on the other hand, possess medicines by which they cure these tumors without cutting at all ; but the more frequently the patient has been operated on, the more difficult it is to cure him, as the disease has thereby become much more obstinate.

Washing the parts with cold water, and injections of half a pint of cold water, once or twice a day, are beneficial when the piles do not bleed ; when they bleed, these means should not be resorted to, as they may suppress the discharge. When they bleed too copiously, the water may, perhaps, be applied, without however neglecting to take the medicines recommended.

Great care must be taken also in giving the injections ; the water must not be too cold, the point of the syringe should be of wood or ivory, not too thin, and widening towards the end, which ought to be nearly as thick as the point of the little finger ; before introducing it, it should be first covered with fresh sweet oil, or with beef or mutton suet ; introduce the pipe by slowly and gently turning it, then press the piston with one hand, while, with the other, you hold the syringe near the point, to prevent it entering further into the anus.

When the tumors on the anus are too painful to allow of injections, apply a sponge which has been dipped in cold water. Moistening the tumors with saliva is very useful, but this must not be done immediately after meals, nor after smoking tobacco ; persons who chew tobacco, or who have ulcers in the mouth, should not try it. When the tumors do not bleed at all, and are very painful, and when they get worse again in a short time after applying cold water, put some boiling water, or water in

which wheat bran is boiled, into a close-stool pan, and sit over the steam. Sometimes mucilaginous substances are useful, particularly an emulsion of quinces, made of quince-seed soaked in water.

The following medicines are, however, chiefly to be depended upon. When there is intense itching in the anus, see under "Itching in the Anus." If the piles are accompanied by colicky pains, give the remedies recommended for "Colic," among which the principal are *Pulsatilla*, *Nux vomica* and *Colocynthis*. *Pulsatilla* mostly for females; *Nux vomica* more frequently for persons who drink ardent spirits and are of sedentary habits; *Colocynthis*, when the pain is very severe. Refer also to "Termination of Blood to the Abdomen."

Aconite (in sol., 4—6 h.) frequently gives relief when blood is discharged, and there are shooting pains and pressure on the anus, the abdomen feels too full, with tension, pressure, and griping; the small of the back feels as if broken or bruised.

Nux vomica (in sol., 6—12 h.) when there is a burning, pricking pain in the tumors, the symptoms resembling those mentioned under "Itching of the Anus;" when there is much light colored blood discharged after each evacuation, or where there is a constant disposition to evacuate; also in constipation, and during pregnancy. If it does not suffice, give *Ignatia* (in sol., 6—12 h.), and afterwards, if the complaint returns again, *Sulphur* (in sol., 12 h.).

Pulsatilla (in sol., 6—12 h.), when blood and mucus are discharged with the fææcs, with painful pressure on the tumors; pains in the back, pale countenance, disposition to faint. If it is insufficient, *Mercurius vivus* (in sol., 6—12 h.), and afterwards *Sulphur*, sometimes answer in these cases.

Capsicum (in sol., 6—12 h.) answers best when the tumors are much swollen, the blood discharged with burning pains, and mixed with slime; also when there is a drawing pain in the back, particularly in the small of the back, and cutting pains in the bowels.

Ignatia (in sol., 6—12 h.), against violent stitches which pass upwards, with itching and crawling in the anus, when much blood

is discharged, or the rectum protrudes considerably at each evacuation; or when after an evacuation there is painful soreness and contraction, particularly when accompanied by ineffectual straining to evacuate, or a discharge of blood and mucus.

Chamomilla (in sol., 6—12 h.) is most appropriate when the blood flows freely, with contracting pains, in the abdomen frequent straining to evacuate; occasional diarrhœa, particularly when attended with smarting and burning, with tearing pain in the back, especially at night.

Antimonium crudum (in sol., 12 h.) is frequently of service when mucus is discharged from the anus, which stains the linen; in some cases it may be given alternately with *Pulsatilla*; when with the discharge of mucus there is burning pain, *Carbo vegetabilis* is still better, particularly when accompanied by bleeding of the nose, and great determination of blood toward the head.

Carbo vegetabilis (in sol., 12 h.) for the symptoms mentioned above—discharge of mucus with burning pains; bleeding at the nose; congestion of the head, &c., especially in patients who are very weak; if it proves insufficient, it should be followed by *Arsenicum*, or these remedies may be given alternately.

Sulphur (in sol., 12 h.) is one of the principal remedies as well for bleeding as for blind piles; it is particularly suitable when there is constant ineffectual inclination to stool, or thin evacuations mixed with blood; when there is an acute, sore pain in the anus, internally and externally: when the tumors burn, are moist, protrude considerably, and are pressed back with difficulty; with violent shooting pains in the back, and in the small of the back; stiffness in the small of the back, with a feeling of contraction; also, with smarting pain on passing water.

To persons who have taken much sulphur or Haarlem oil, by which many patients suffering in this way injure themselves, give first *Mercurius vivus* (in sol., 12 h.), and after five or six days, *Sulphur* (in sol., 12 h.); but if much calomel and sulphur have been taken, give *Lachesis* (dry) first, once or twice; and if the symptoms get worse again, *Mercurius vivus*, and afterwards *Sulphur*, which may be taken sometimes alternately with *Sepia*.

Belladonna (in sol., 6—12 h.) against bleeding piles, with intense pain in the small of the back, as if it were breaking; if it proves insufficient, give Hepar (in sol., 12 h.), and if this does not effect a complete cure, four or five days later, Rhus tox. (in sol., 6—12 h.).

When the discharge is excessive, take Aconite (dry); if this does not stop it, do not wait long, but give Ipecacuanha (dry); and if this is insufficient in ten or fifteen minutes, give Sulphur (dry), and then again Aconite (dry); if it does not then stop, give Belladonna (dry) and afterwards Calcareo (dry). When after any one of these medicines the discharge abates somewhat, take nothing more unless it grows worse; then take the same medicine again, and when this loses its effect, take another. If the patient is very weak, let him take China (dry) in the interval.

The above remedies are only for cases of exigency, though sometimes they will radically cure this tedious complaint; if they do not, apply to a homœopathic practitioner, or send him an exact description of all the symptoms present.

Diarrhœa.

This complaint frequently arises from causes pointed out in the first part of this work—for instance, from sudden fright, from fear, from vexation, from taking cold, from heat, from a disordered stomach, or after burns or scalds.

Most persons are to this day impressed with the erroneous idea that diarrhœa is a cleansing necessary for the recovery of the patient. It is true, that some diseases terminate in a diarrhœa, but it is also true that diarrhœa is the commencement of other diseases, and must always be considered a morbid state of the functions.

The deceptive sensation of relief and lightness after purging or other artificial diarrhœa is, by many persons, looked upon as healthy and necessary, merely because they have previously been in a different and opposite state of disease. Thus many consider the excitement consequent upon drinking brandy or strong beer as healthy, because they feel uncomfortable without it,

whereas they are, in reality, in a more unhealthy condition, whilst they imagine themselves better.

Persons who think that they cannot remain in good health without aperient medicines or artificial diarrhœa should, when they feel constipated, try first the medicines pointed out under constipation, and they will find that the latter frequently cure without causing any diarrhœa. Those who have a natural or artificial diarrhœa, however, should not stop it by artificial means, such as wine, brandy, and the like, but should let it take its course, and use those medicines which will effect a cure in a natural manner. Astringents are not always dangerous, but are very frequently so, particularly to children and aged persons, or to individuals who are suffering from another complaint.

When the consequences of suppressed diarrhœa make their appearance, they are called dyspepsia, liver complaint, &c., and the worst of it is, that they cannot be so easily removed. To believe, however, that suppressing the diarrhœa is only dangerous because it prevents impurities from escaping, is also a mistaken idea. Suppressing a diarrhœa is dangerous, because it is changing one disease into another—and because we cannot know what that second disease will be; generally, it is a worse one. Most of these impurities exist only in imagination; as to the artificial production of such impurities, refer to what is said under “Constipation.” If, however, there are real impurities in the body, they will be discharged much sooner with the natural excretions than during a diarrhœa, which, in fact, always leaves impurities behind, and which the natural excretions afterwards have to carry off. When the motion is costive and hard, nothing can remain in the intestines; a fact so evident that every one can understand it. The intestines are a tube, which is first narrow and widens gradually. It is not a hose, as attached to a fire engine, where it is necessary to apply pressure at one end in order to force the contents out at the other; it is not a dead tube but a living one, which is in constant activity; this activity, when regular, allows nothing to remain—only when it is irregular, or when it ceases, can this be the case. In diarrhœa,

particularly when produced by aperient medicines, this action is very irregular and hurried, in the attempt to rid the body of the poisonous purgatives—which, when accomplished, leaves the intestines, of course, very weak and relaxed. If the purgative were not a poison, it would not purge at all, for only such things as the body cannot suffer, but ejects, act as aperients. The poisonous effects of these medicines become most evident when they remain in the body; for when the body has not the power to reject them, they shew their whole force as a poison. You will be told that it is the disease which produces these symptoms, but do not believe it—it is false. More persons die of drastic purgatives, and more children of magnesia, than of arsenic, of which every one is afraid. With costive evacuations the action of the intestines is greater, or the excrements could not be ejected—and, consequently, nothing can remain behind—for the hard excrements always fill the intestines completely, which is never the case in diarrhœa. When the action of the intestines stops, it is true, the contents remain stationary: but it can easily be excited again, as has been shewn under “Constipation.” Doctors who dissect thousands of bodies, almost always find impurities in those who have had diarrhœa, but never in those who have been constipated.

When loose evacuations relieve a patient who is suffering from some complaint or other, wait awhile before you give medicine—and, only in case it continues so long as to be injurious, make a selection from among the following remedies, of one which accords with the symptoms:

If children, while teething, have diarrhœa, do not interfere with it immediately, but wait a day or two, if they have no other symptoms requiring treatment. At the commencement of a diarrhœa, all acids, coffee, tea, and everything salt should be avoided; fruit, fresh or dried, eggs and chickens, also, are injurious; nothing but mucilaginous food is to be taken—arrow-root, rice, sago, &c. If the appetite is good, the patient may take mutton broth, thickened with wheaten or rice flour, or sago; milk fresh from the cow, is also good, if the patient is

fond of it, but it ought not to be taken in too great quantities, lest it should aggravate the diarrhœa.

Ipecacuanha (in sol., 2—6 h.) is indicated in diarrhœa, attended by screaming, tossing, uncasiness, profuse salivation, and distension of the abdomen—sometimes ineffectual straining, frequent small yellow stools, with pains in the rectum—or thin mucous, frothy, fermenting evacuations of a very offensive smell, or mixed with blood; accompanied by weakness, an inclination to lie down, drowsiness, a pale face, blueness under the eyes, coldness and irritability. When Ipecacuanha does not answer, or affords only partial relief, give Rheum (in sol., 2—6 h.); when the secretions smell sour, it is better to give the latter medicine at first.

Chamomilla (in sol., 2—6 h.), particularly for infants when they cry and are uneasy, want to be carried constantly; or for older children, when they are irritable, cry as if crazed, and twist and writhe; when infants draw up their legs; when the belly is tight and hard—the evacuations very frequent and mostly slimy or watery, or green and brown, or of undigested matter which smells like rotten eggs; accompanied by rumbling in the bowels, loss of appetite, thirst, coated tongue, frequent eructations and retching. Chamomilla is appropriate also for grown persons, particularly when the evacuations are green, watery, hot, and offensive, with bitter taste in the mouth, bitter eructations, bilious vomiting, fulness of the pit of the stomach, griping and headache.

Pulsatilla (in sol., 2—6 h.), against pap-like or watery and offensive diarrhœa with burning pain and soreness of the anus; accompanied by loathing, nausea, disagreeable cructations and griping, the latter more frequently during the night. For pap-like diarrhœa only occurring after midnight, preceded by pain in the bowels, which ceases after evacuation, give Rhus tox. (in sol., 4—6 h.). Pulsatilla is also useful in slimy diarrhœa, when each stool is of a different colour. If the diarrhœa occasions great weakness, give Colocynthis (in sol., 4—6 h.), and if this causes disagreeable symptoms, give a little coffee without milk. If the

slime is green, or mixed with blood, and attended with straining, give *Mercurius vivus* (in sol., 2—6 h.).

Mercurius vivus (in sol., 2—6 h.), for diarrhœa attended by fits of screaming and by writhing, with ineffectual urging and pressing; cold perspiration and trembling; the discharge green, watery and mucous, sometimes bilious, or mixed with blood, accompanied by great exhaustion, fetid breath loss of appetite, and a disposition to vomit, or vomiting and diarrhœa at the same time; also for acrid diarrhœa with burning and itching in the anus.

Arsenicum (in sol., 2—6 h.), for diarrhœa caused by chill, by eating fruit, or ice when heated; frequent watery motions passed without effort and not followed by straining; pain more or less severe in the bowels, and burning in the stomach; relief to the pain but a feeling of weakness follows each evacuation; the anus is rendered sore by the purging; the motions are dark coloured, or very pale, and there is usually nausea and excessive thirst, or rather dryness of mouth.

Sulphur (in sol., 4—12 h.), for diarrhœa which is so acrid as to occasion soreness of the parts around the anus, or to produce miliary eruptions; frequently accompanied by emaciation, or, in children, by a hard, distended abdomen; when every fresh exposure renews the diarrhœa. It will be serviceable after the failure of other remedies.

Antimonium crudum (in sol., 4—12 h.), for watery diarrhœa with disordered stomach, and whitish thickly coated tongue. When there is besides soreness of the anus; spasmodic pains in the anus and back; food of every kind causes pressure in the stomach; dullness of the eyes; sallow and pale face, give *Fer-rum* (in sol., 4—12 h.), which may also be given in diarrhœas without pain. For watery diarrhœa which has continued for a long time, other remedies having proved ineffectual, give *Phosphoric acid* (in sol., 2—6 h.).

Rheum (in sol., 2—6 h.), for sour, thin, slimy, fermented diarrhœa, (compare with *Ipecacuanha*), common with children, who cry from pain in the bowels, or are uneasy and draw up the

legs—flow of saliva from the mouth, and pale face (if it is red, give Chamomilla, and if this does not answer, Belladonna); sometimes there is a sourish smell proceeding from the whole body of the child, which washing will not remove; if, in such cases, Rheum does not give relief, and the pain is very violent, give Chamomilla, and if this does not suffice—the pain abating but the weakness continuing with distension of the abdomen, give Sulphur.

China (in sol., 2—6 h.) will be serviceable in all kinds of diarrhœa occurring in debilitated persons, and also in other cases, when, during the most violent pains, which are spasmodic, contracting and oppressive, quantities of thin brownish matter are discharged, sometimes accompanied by burning pains in the anus, with great weakness in the abdomen, rumbling, flatulency and eructations. Frequently when persons awake during the night with these spasmodic pains, it gives instant relief, and prevents diarrhœa.

Bryonia (in sol., 2—6 h.) often answers in the heat of summer, particularly in diarrhœa arising from drinking cold water, or from taking cold; or when the diarrhœa is caused by eating too much fruit, or by eating too much in general; likewise, when the diarrhœa occurs immediately after meals; is occasioned by sour-crout; also when produced by mental irritation, and Chamomilla has failed to cure it.

Dulcamara (in sol., 2—6 h.), for diarrhœa which is caused by taking cold, particularly in summer and autumn—worse at night, frequent evacuations, which are rather watery, attended by no great pain or by colic; if this does not give relief in six hours, give Bryonia (in sol., 2—6 h.). If attended with more weakness than pain—if it comes on immediately after meals, the food being passed undigested, China generally gives relief; sometimes Bryonia or Rheum—to which refer; when attended with great weakness and pain in the bowels, give Arsenicum, and if this does not soon give relief, Nux vomica. When the food passes undigested, Ferrum is frequently useful, alone, or given alternately with China, or Calcareæ. For diarrhœa attended by

great weakness, mostly Ipecacuanha, Veratrum or Arsenicum ; for diarrhœa without any pain, Ferrum is best. When diarrhœa and constipation come on alternately, as is frequently the case in aged people, Antimonium crudum answers best.

The best rule for repeating the dose of the medicine indicated in diarrhœa is to give it after every loose motion.

For diarrhœa in females during pregnancy, and in confinements, refer to "Diseases of Women ;" and for diarrhœa with children during summer, to "Bowel Complaint," among "Diseases of Children."

Dysentery.

Dysentery consists of a constant straining and desire to evacuate the bowels, violent pains in the abdomen, more or less fever, and stools of mucus or blood, or both.

It is usually preceded by loss of appetite, chills, some fever, nausea, or vomiting, costiveness ; this condition is soon followed by dull pains in the abdomen, increased fever, loose evacuations, first of mucus, then mixed with blood or pure blood, with intense pains and almost constant desire to stool, with violent straining. Occasionally the disease appears suddenly without any premonitory symptoms.

It is most frequent in the latter part of summer or in autumn, and may be caused by eating unripe fruits or vegetables, drinking cold water when overheated, sudden check of perspiration, &c. Not unfrequently it occurs in an epidemic form, in particular districts of country ; generally in low, marshy situations.

Treatment.—Mercurius vivus, Mercurius subl. corr., Aconite, Chamomilla, Rhus tox., Bryonia, Nux vomica, China, Colocynthis, Arsenicum, and Sulphur, are the principal remedies.

Aconite (in sol., 3—4 h.) will most frequently be indicated in the commencement of dysentery when it is accompanied by tearing pains—resembling rheumatism—in the limbs, head, neck and shoulders ; violent chills ; much heat and thirst ; bilious or thin and watery evacuations, sometimes mixed with mucus or slightly tinged with blood ; dull or cutting pains in the abdomen.

It is particularly valuable in dysenteries occurring in autumn—when the days are hot and the nights cold.

Chamomilla (in sol., 3—6 h.), after *Aeonite*, if there is still considerable fever and thirst with rheumatic pains, especially in the head; nausea, foul tongue, bilious stools, bitter taste, &c.; and particularly if the disease was produced by a sudden check of perspiration; and is accompanied by great agitation and tossing.

Pulsatilla (in sol., 3—6 h.), when the stools consist chiefly of mucus streaked with blood, with nausea, coated tongue, bitter taste, &c.

Bryonia and *Nux vomica* (in sol., 3—6 h.), are frequently of service after *Aeonite* and *Chamomilla*. See their symptoms in the preceding article "*Diarrhœa*."

Mercurius vivus (in sol., 3—6 h.) when there is an urgent desire to evacuate, as if the intestines were being pressed out; after much pressing, a discharge of light blood or greenish, broken-up looking matter mixed with blood, and after the evacuation more straining than before; in children accompanied with crying and screaming; infants thus affected, refuse to take the breast.

China (in sol., 3—6 h.), against epidemic and periodic dysentery, which affects many persons at the same time in a marshy region, or where canals are being dug: particularly when the complaint is worse every other day.

Mercurius subl. corr. (in sol., 3—6 h.) is the chief medicine in dysentery occurring in autumn, particularly after *Aconite*, when attended by much straining and colicky pains, where in the beginning much bile is discharged, and afterwards blood and mucus; if there is improvement after the first dose, which does not continue, repeat the medicine; if it gives no relief, refer to the other remedies, particularly to *Colocynthis*.

Colocynthis (in sol., 2—4 h.) for extreme pain in the bowels, as if the intestines were jammed between stones; the patient writhing with pain, the discharge slimy, sometimes mixed with blood, the abdomen much distended, sometimes like a drum; a

pressure as if the belly were full ; shuddering, commencing in the abdomen and extending over the whole body ; the tongue covered with a white mucus. Refer also to " Colic."

Sulphur (in sol., 12 h.), should be given in all protracted cases where the other remedies give relief, but do not effect a complete cure.

Arsenicum (in sol., 2—6 h.), when the evacuations have a putrid smell, when they pass involuntarily, when the urine becomes offensive, the patient loses his strength, becoming quite indifferent, his faculties benumbed, with a bad smell from the mouth ; when here and there red or blue spots appear ; also, when the patient tosses about in great agony, is unable to find rest, believes he is dying, &c. ; when at the same time the breath is very cool, or when he complains of burning ; when Arsenicum proves ineffective, after one or two doses, give Carbo vegetabilis, (in sol., 3—6 h.). If Arsenicum aggravate the symptoms, give Nux vomica. When after Carbo vegetabilis the putrid smell remains, give China ; and afterwards again, Carbo vegetabilis ; sometimes after Arsenicum, Phosphorus is the best remedy.

British (or Endemic) Cholera.

This disease is characterised by violent purging and vomiting, griping, thirst, and sometimes by cramps and coldness of the extremities.

It is most generally preceded by shivering, headache, nausea, pain in the abdomen, &c. In some cases, however, the disease appears without any premonition—violent vomiting and purging setting in almost simultaneously. The matters first ejected are the contents of the stomach mixed with the mucous secretions, and afterwards when the disease continues, the substances discharged become mixed with bile. In severe cases there is considerable pain in the abdomen, violent cramps in the muscles of the limbs, paleness of surface, pinched features, sunken eyes, cold and clammy skin, and great anxiety and depression.

The disease is generally of short duration, not often continu-

ing above a few hours. Attacks frequently come on at night, and by morning, the patient may be almost or entirely recovered.

Endemic cholera is a disease of warm seasons and warm climates; the latter part of summer and the early part of autumn are the periods at which it occurs most frequently.

The exciting *causes* are chiefly improper quantity or quality of food—cucumbers, for instance, or any unripe fruits or crude vegetables are very apt to induce it—changes of temperature, great fatigue, the too free use of ice or iced water, &c.

Treatment.—The following are the principal remedies: Ipecacuanha, Arsenicum, Chamomilla, Nux vomica, Veratrum, China and Cuprum.

Chamomilla (in sol., 2—6 h.) may be employed in the commencement if the attack was induced by a fit of passion; or if the following symptoms are presented: acute colicky pains, or heavy *pressure* in the region of the navel, sometimes extending to the heart, with excessive anguish; bilious diarrhœa, cramps in the calves of the legs; tongue coated yellow, and sometimes vomiting of acid matter.

Ipecacuanha (in sol., 2—6 h.) may be given after the above, should the attacks of *vomiting* become more prominent; or it may be selected from the *commencement*, should *vomiting predominate*, or at least assume as marked a character in the complaint as the diarrhœa. Nux vomica after Ipecacuanha when there is anxiety, pain in the abdomen, frequent small evacuations and tenesmus, and headaches.

Veratrum (in sol., $\frac{1}{2}$ —1 h.), should the disease increase, notwithstanding the administration of the preceding remedy, and assume the following characteristics, *violent vomiting with severe diarrhœa, excessive weakness, and cramps in the calves of the legs*; eyes hollow or sunken, countenance pale, and expressive of *acute suffering*; coldness of the extremities, cold clammy perspiration, *violent pain in the region of the navel*, tenderness of the abdomen when touched; pains and cramps in the fingers, shrivelled appearance of the skin on the palms of the hands.

Arsenicum (in sol., $\frac{1}{2}$ —2 h.) is useful when this malady

assumes a severe character from the beginning, but it is more particularly indicated when the disease is attended with *rapid prostration of strength, insatiable thirst*, excessive anxiety, with fear of approaching death, *burning sensation* in the region of the stomach, almost constant discharge from the bowels, or *renewal* of the discharge on every occasion that the desire for drink is gratified; suppression of urine or scanty discharge followed by a burning sensation; violent and painful vomiting, tongue and lips dry, cracked, and bluish or black; hollow cheeks, pointed nose, pulse almost imperceptible, or small, weak, intermittent, and trembling; severe spasms in the fingers and toes; clammy perspiration.

China (in sol., 3—6 h.) is most useful against the weakness which remains after cholera, but is also serviceable occasionally during the course of the disease, particularly when there is vomiting of food, and frequent watery and brownish evacuations containing particles of undigested food; also when there is oppression at the chest with eructations which afford temporary relief; severe pressure in the abdomen, especially after partaking of the smallest portion of food; great exhaustion, sometimes amounting to fainting. This remedy is particularly marked when the disease has been excited by indigestible substances, such as unripe fruit, &c., or by inhabiting a marshy situation.

Cuprum met. (in sol., $\frac{1}{2}$ —2 h.) is most valuable in cholera, with *violent cramps* in the extremities, especially in the calves of the legs, fingers and toes; it is useful also when the evacuations are very frequent and whitish, with violent pains in the abdomen, bluish appearance of the skin, &c.

Asiatic (or epidemic) Cholera.

Epidemic cholera is usually preceded by certain premonitory symptoms, which may continue for several days before the more characteristic phenomena present themselves, or they may be of but a few hours duration, or entirely absent.

These symptoms consist of great debility, as if the patient had suffered great loss of blood; dimness of vision along with giddiness

and ringing in the ears ; there is also much thirst, with loss of appetite and swelling of the abdomen. The principal symptoms, however, are vomiting and purging ; the latter commonly preceding the former for some time. These premonitory symptoms are the first stage of cholera.

The evacuations, if the disease is not checked soon, become extremely frequent, and at first they do not present anything unusual, but in a short time they are copious, liquid, almost without smell, and in appearance resemble rice-water ; hence they are usually termed *rice-water evacuations*. The patient, as these evacuations go on, becomes very restless ; cramps attack the calves of the legs, the fingers and toes, and sometimes even the muscles of the abdomen. This may be considered the second stage.

In the third stage—that of *collapse*, or, as it has been called, the *blue* or *cyanosed stage*, the pulse is almost or quite imperceptible ; the extremities first, and afterwards the face and the whole body become cold ; the features are so much changed that the patient can scarcely be recognized by his friends : the eye-balls appear to be sunk into the very bottoms of the orbits ; the thirst and restlessness are excessive.

Finally the breath becomes cold, the surface of the hands wrinkled, and the whole body shrunk so much, that rings fall from the fingers and shoes from the feet ; the urine is suppressed, the nose is cold, and in some cases becomes gangrenous ; the voice is husky ; the breathing becomes slower and slower ; and hiccough often precedes death.

When the disease terminates fatally, this is its course ; when however the termination is more favourable, the pulse rises, the blueness disappears, the heat of the body returns, and general reaction takes place, indicated by fever, headache, &c. The reaction is, indeed, in some cases so great, that the utmost efforts of the physician are required to save the patient from fatal congestion of the brain, or of some of the internal organs.

The primary *cause* of cholera is unknown, but it is with great plausibility supposed to depend upon some epidemic or miasmatic influence ; among the principal predisposing causes are living in

filthy, crowded, and badly ventilated parts of cities ; errors of diet, making any great change in the usual habits ; excessive or even habitual use of intoxicating drinks ; the employment of purgative medicines. Intense moral emotions, excesses, and debility of every kind may act as predisposing causes.

During the prevalence of the epidemic, the alarm which exists not unfrequently predisposes to the disease.

Treatment.—The remedies of most value in cholera are chiefly Ipecacuanha, Sulphur, Arsenicum, Veratrum, Cuprum, Phosphorus, Phosphoric acid, Carbo vegetabilis, and Camphor.

Ipecacuanha (in sol., 1—3 h.), given in the first stage, or when there is some nausea and sickness at stomach, the diarrhœa slight, will frequently prevent the disease passing into the severe forms.

Sulphur (3rd trit., in sol., 1—4 h.) is also one of the principal remedies for the *cholérine*, or diarrhœa of the first stage, especially when there is but little sickness of stomach, and when the patient complains of dimness of vision, giddiness, ringing in the ears, and want of appetite, with tumid abdomen ; the stools mucous, frothy, watery, or sometimes whitish or greenish, and occurring more frequently at night.

Phosphoric acid (in sol., 1—3 h.) has been by some considered almost specific in the diarrhœa which precedes cholera, particularly if the evacuations are frequent, loose, and slimy, or of a whitish gray colour, or if they consist of undigested substances.

For the symptoms of *Nux vomica* and *Chamomilla*, which may in some instances be useful, see the preceding article, “ British Cholera.”

Arsenicum (in sol., 1—3 h.) will in many cases be found of great value in the second stage of cholera, when the purging and vomiting become very frequent ; the evacuations from the bowels being thin, watery, and of a brownish or blackish colour and putrid smell, or light coloured and almost without smell, especially when accompanied by intense, *burning* pains or cramps in the stomach and bowels, with violent thirst, and great prostration of strength ; also burning in the anus and rectum with

tenesmus. It is also worthy of attention in the last stage of the disease.

Veratrum (in sol., $\frac{1}{2}$ —3 h.) is, however, the remedy upon which the chief reliance is to be placed when cholera is fully developed; the discharges almost constant, and presenting the characteristic *rice-water* appearance, with cramps in the calves of the legs, fingers, toes, and sometimes of the muscles of the abdomen and chest; the patient excessively restless and anxious; the extremities cold, &c. This remedy may be administered every fifteen or twenty minutes until several doses are taken, or there is a decided change in the symptoms; frequently it may be alternated advantageously with Arsenicum (every $\frac{1}{2}$ hour), especially when the pains are of a burning character, the thirst unquenchable, and the evacuations increased by drinking cold water.

Cuprum (in sol., $\frac{1}{2}$ —3 h.), after or in alternation with the latter, when that remedy has failed to relieve the cramps, which are very violent, and extend to the whole body, or change to spasms or convulsions, with constriction of the chest, and difficult respiration.

Carbo vegetabilis (in sol., $\frac{1}{2}$ —2 h.) may frequently be of service in the last stage of the disease, when the patient is in a state of collapse, or asphyxia; the pulse almost gone; the surface cold and bluish; the breath cold; or when the evacuations and cramps have ceased, and congestion to the chest takes place. If reaction should ensue after the administration of Carbo vegetabilis, and the purging, vomiting, and cramps return, it will be necessary to have recourse again to Veratrum, or some other of the foregoing medicines.

Secale cornutum (in sol., $\frac{1}{2}$ —3 h.) is useful in cholera, with whitish or colourless evacuations, pains in the limbs, &c., and also after Veratrum and Cuprum when these medicines have failed to relieve the cramps.

In the congestions which frequently follow cholera, that to the head will generally be relieved by Aconite, Belladonna and Opium; that to the chest by Phosphorus, Bryonia, Aconite, and other remedies recommended for "Congestion of the Chest,"

which see. When there is irritability and pain in the urinary organs, *Cantharides* and *Pulsatilla* will be required.

Phosphorus and Sulphur will generally be found most efficacious against the looseness of the bowels or diarrhœa, resulting from weakness or irritability, which often occurs after cholera.

Camphor, in the proportion of one part of camphor to six of alcohol, is an admirable remedy for cholera when it suddenly attacks the patient with cramps, nausea, excessive prostration, coldness and blueness of the surface, a drop should be administered every five minutes until the cramps cease and the skin becomes warm.

It is however of little use except at the very commencement of the disease, when it attacks the patient in the sudden manner described ; but if given then it will often cut short the disease and render the use of any further treatment unnecessary.

For the prevention of cholera during the prevalence of the epidemic, the best medicines are *Cuprum* and *Veratrum* ; they should be given alternately (dry) every third morning. The wearing of a plate of copper or brass on the chest or over the stomach, next the skin is said to be a sure preventive of the disease, and it is remarkable that the workers among copper and brass have generally been more exempt from the disease than any other class of the community.

During the treatment of cholera the patient should be kept in a warm room, and the heat of the body kept up as much as possible by artificial means ; among those the best are the application of bottles of hot water to the feet and abdomen, and frictions with the hand previously dipped in flour to prevent abrasion of the skin. Oatmeal and bran heated and applied to the limbs or over the whole body in suitable bags is also a very good way of keeping up artificial warmth. To quench the violent thirst which generally accompanies the disease, small pieces of ice should be placed in the mouth from time to time ; cold water, in small quantities, may also be allowed, unless it be found to aggravate the disease.

Injectations of iced water will be serviceable in some cases to relieve the cramp or colic in the intestines.

Cholerine.

This term has been applied to diarrhœa occurring during the prevalence of cholera unaccompanied by the more severe symptoms of the disease. The remedies appropriate to its treatment will be found under "Diarrhœa." Sulphur, as before mentioned, is one of the best.

Constipation.

The first observations we have to make on this complaint, and which many will consider paradoxical, is, that every one whose bowels are constipated, may congratulate himself that he has no worse complaint. Whoever has paid attention to the subject, must be aware that nearly all persons who are disposed to costiveness, live long and keep their strength, except when they injure themselves by taking aperient medicine. Those on the contrary who are subject to frequent attacks of diarrhœa, are early in life debilitated, and seldom grow old.

No diarrhœa can appear where there is not some poisonous, noxious matter, or morbid disposition in the body, while, on the other hand, much perspiration and the eating of animal food are sufficient to cause constipation. In regard to the notion of impurities remaining in the body, see what is said under "Diarrhœa." The very popular opinion that purging contributes to health, not only when the body suffers from sickness, but also occasionally, when it is in a healthy state, and that impurities are driven out of the body by it, is entirely erroneous and without foundation. It serves to keep up the sale of drugs, and it has been repeated year after year until it is almost universally received. It is a part of the traditionary medical creed of the world, and no one dares to doubt it. Medical men spread and encourage this idea, because nearly their whole art consists in bleeding, purging, and giving emetics. This creed is the pivot upon which the whole of the whole system turns, and patients, deferring to authority,

must needs submit. When this erroneous method of treatment is prescribed with due confidence and solemnity, heart and purse (but not always the bowels) open, and persons actually in sound health feel a downright longing to be properly scrubbed and cleansed inside.

Every one who will make the following experiment upon a horse, or upon himself, will be convinced that our opposition to purging is well founded. Let aperient medicines be taken for a week, and however good may have been the state of health previously, at the termination of this period all sorts of impurities will be discharged, particularly after taking jalap and calomel. As this happens in every instance, either to man or beast, and even to those who have never been ill, it is a proof that these impurities have been artificially produced by drugs.

We are frequently able to judge from the nature of the secretion, what medicine has been administered. After salts, the evacuation always smells like rotten eggs; after drastic gums, they are thin and watery; after mercury, green; and after magnesia and rhubarb, generally sour, &c. When we inquire into the causes which produce this purging, we find that almost all poisonous substances have a similar effect, and that for this reason we may class the purgatives with propriety among the poisons. Some esteem them a real god-send, and imagine that these drugs have been created for this very purpose. It might as well be supposed that the rattlesnake and the tiger are created to destroy us.

But if we admit that these drugs are intended to be used as medicines, it is no reason, because we see them produced in great quantities, that we should make an excessive use of them. Virulent poisons, although given but in small portions, produce vomiting and purging, or injure the stomach; the less virulent poisons are called purgatives, merely because they do not kill immediately, but are generally rejected by the efforts of nature.

Persons suffering from constipation, and seeking occasionally to be relieved, or suffering from other complaints connected with

it, should take the remedies hereafter prescribed. At the same time attention should be paid to the manner of living; moderation in the use of meat, which must not be eaten three times a day, is to be observed; a free use of salted food is to be avoided, mastication attended to, or the food eaten to be well cut up, if teeth have been lost, and a considerable quantity of vegetables, fruit, and bread to be taken with meat—soup may be indulged in, strong or green tea avoided, and all spirituous liquors and beer which contain narcotics; in place of these new milk may be used, or even butter-milk, which, though it is generally despised and given to the pigs in this country, is nevertheless usually a wholesome beverage, both for children and grown persons.

Persons habitually constipated should also always, if it agrees with them, eat fruit at dinner, and dried fruit in preference, or good ripe apples; they should avoid indulging in cheese, and they should accustom themselves to drink a glass of water before going to bed.

Among the domestic remedies nothing can be recommended except from time to time an injection. Many persons are afraid if they get into the habit of using injections that they will be compelled to continue them; but there is no danger of this, if the medicines recommended are taken at the same time. The injections used should consist of nothing but water, and not be employed too frequently. To accustom oneself to purgatives is infinitely worse.

For other precautions in giving injections, refer to "Piles."

Injections, it is true, only relieve the patient for awhile, but in the mean time the cause may be removed by medicine, and the disease cured. Persons who have suffered a long time from constipation, which constantly returns, may sometimes be cured entirely by injections. For this purpose, let the water be as cold as it comes from the spring, about half a pint, or a coffee cup full at a time, and take the injection before going to bed at night. It should, if possible, be retained. Persons who continue this treatment for a week or two frequently become quite regular in their bowels, if they live rationally at the same

time. Those who suffer from piles must not have recourse to this remedy.

All other injections besides water and all admixtures are injurious, except fresh boiled milk, which is sometimes preferable for children.

Another remedy is plenty of exercise, walking, particularly up hill, but without getting into a perspiration. Persons who are costive should be regular in attending to the calls of nature; the best time is in the morning before or after breakfast.

The following medicines, when properly selected, will greatly facilitate the cure.

Nux vomica (in sol., 6—12 h.) is most suitable for constipation occurring in persons of sedentary habits, and those accustomed to drinking ardent spirits; also for that which is occasioned by eating too great a variety of food at once; after a surfeit, or when the constipation is preceded by diarrhœa, or for suppressed diarrhœa, with want of appetite, disagreeable taste, the tongue coated, loathing, sickness of the stomach, tightness of the abdomen, pressure in that region, heat, stitches here and there, a feeling as of a weight, cutting pain in the lower part of the abdomen, heat particularly in the face, headache, disinclination to work, uneasy sleep, oppressed breathing, irritability and frequent complaining. When accompanied by moroseness, taciturnity, and after eating too many cakes, rancid butter, &c., give *Pulsatilla*; when the patient is irritable and feels chilly, give *Bryonia*.

Bryonia (in sol. 12 h.) is particularly useful in constipation occurring in warm weather, and in persons who suffer from rheumatism.

Opium (in sol., 3—6 h.), when there is an inclination to evacuate, but a feeling as if the anus were closed: there is no regular pressure; sometimes a sensation as if there were a load in the abdomen; throbbing in the abdomen; pressure on the stomach; dry mouth, thirst, and want of appetite.

Lycopodium (in sol., 12 h.) is one of the most efficacious remedies in protracted constipation, especially when there are

ineffectual efforts to stool, or the evacuations are effected with great difficulty, and accompanied by a great deal of rumbling in the bowels and distension of the abdomen.

Platinum (in sol., 12 h.), when, after much straining, the fæces are evacuated in but small quantities; straining and itching in the anus; shuddering over the whole body after every evacuation, accompanied by a feeling of weakness in the abdomen, with contraction, bearing down, oppression of the stomach, and ineffectual efforts to throw up wind.

Lachesis (in sol., 12 h.), for protracted costiveness, with a feeling of weight and oppression at the stomach, and ineffectual eructations.

Mercurius vivus (in sol., 12 h.) against costiveness accompanied by a disagreeable taste in the mouth, with pain in the gums, the appetite unimpaired; if Mercurius vivus does not suffice, give Staphisagria (in sol., 12 h.).

Natrum muriaticum (in sol., 12 h.) is of service in tedious cases, where the above remedies have failed, and there is no inclination whatever to evacuate. For frequent disposition to go to stool, with ineffectual efforts, give Sulphur (in sol., 12 h.).

Inflammation of the Liver.

It is usual to consider inflammation of the liver under two forms, the *acute* and the *chronic*, although the latter in many cases is the sequel of the former, yet the disease is frequently in its principal phenomena chronic from the beginning.

1. ACUTE INFLAMMATION OF THE LIVER. HEPATITIS ACUTA.

This disease is of comparatively rare occurrence in temperate regions, whilst in tropical climates it is frequently met with.

The principal symptoms of acute hepatitis are,—pain, acute and lancinating, or dull and heavy in the right hypochondrium, (to the right of the stomach under the short ribs,) often extending to the chest and shoulder of the same side; the pain in the right side is increased by pressure, coughing, inspiration and lying on the left side; and is relieved by lying on the affected

side; the stools are ash or clay coloured; but generally the bowels are constipated; the urine high coloured, and tinges the linen yellow, the skin and whites of the eyes are yellowish, there is commonly a high fever with a full bounding pulse and hot skin; thirst; bitter taste in the mouth, and yellow furred tongue, with vomiting, pain and tension in the epigastrium. Where the inflammation is seated in the convex surface of the liver, the pain is more acute and lancinating, and more increased by coughing, inspiration and pressure; on the contrary when the concave surface is more affected, the pain is deeper seated, and but little if at all augmented by pressure, and greatly increased by efforts at vomiting.

The termination of acute inflammation of the liver may be in resolution, suppuration, or gangrene, or it may pass into the chronic form.

When it terminates in resolution, the symptoms gradually disappear. When about to end in suppuration, the fever becomes hectic, and the patient complains of a feeling of increased weight in the region of the liver, the enlargement of the liver may be distinctly felt, and if the matter is about to make its way to the surface, a sense of fluctuation with pointing may be perceived.

Unless the abscess is discharged externally through the walls of the abdomen, or through the stomach, colon, or air passages, the termination in suppuration is generally fatal. The termination in gangrene is of rare occurrence, and always rapidly fatal; it may be recognized by the sudden cessation of the pain, sinking of the pulse, cold clammy sweats, coldness of the extremities, and rapid alteration of the features.

The *causes* of hepatitis are exposure to excessive heat, hence it is much more frequently met with in torrid than in temperate climates; too free indulgence in stimulating food and drinks, dram drinkers are very liable to it; mechanical injuries are in temperate regions probably the most fruitful sources of it, as blows over the region of the liver, great efforts at lifting, falls from a height and penetrating wounds.

Treatment.—Aconite, Chamomilla, Nux vomica, Mercurius vivus, Bryonia, China, Belladonna, and Lachesis, are the medicines most generally indicated in the treatment of acute hepatitis.

Aconite (in sol., 3 h.) will generally be required in the commencement of the treatment, especially if the fever is high, with hot skin, much thirst, and whitish furred tongue, accompanied by moaning, great restlessness, and dread of death; *shooting* pains in the region of the liver.

Chamomilla (in sol., 3—6 h.) if the pains be of a dull pressive character, and are neither aggravated by pressure, by respiration, nor by movement, with a sense of pressure in the stomach, tension in the right hypochondrium, oppression of the chest; yellowness of the skin; tongue coated yellow; bitter taste in the mouth, and paroxysms of anguish.

Nux vomica (in sol., 3—6 h.) against shooting or pulsative pains with great tenderness of the region of the liver when touched; nausea or vomiting; bitter or sour taste; shortness of breath and sense of pressure under the ribs and in the epigastrium; pressive pain in the head; thirst; high coloured urine; giddiness and paroxysms of anguish; constipation.

Mercurius vivus (in sol., 3—6 h.) is of great value in hepatitis, and especially after or in alternation with Belladonna, when the following symptoms are present: pains under the ribs of a pressive character, which do not allow the patient to lie long on the right side; bitter taste in the mouth; want of appetite; thirst, continued shivering, followed sometimes by clammy perspiration; yellowness of the skin and of the whites of the eyes; also in enlargement and induration (hardening) of the liver, or after the formation of abscesses. Lachesis is frequently suitable after Mercurius vivus.

Belladonna (in sol., 3—6 h.) against pains in the region of the liver which extend to the chest and shoulders, particularly of the right side; swelling and tightness at the pit of the stomach; oppressed and anxious respiration; congestion to the head with giddiness; dimness of vision and occasional fainting;

great thirst, anxiety, restlessness and sleeplessness. It is often suitable after or alternately with Aconite, or with *Mercurius vivus* and *Lachesis*.

Lachesis (in sol., 6—12 h.) will be serviceable in cases in which *Mercurius vivus* and *Belladonna* appear to be indicated, but only afford partial relief; and also in obstinate chronic cases occurring in drunkards.

Bryonia (in sol., 3—6 h.) when the pains are pressive, with a feeling of tension in the region of the liver; pains aggravated by respiration, coughing and movement; violent oppression of the chest, with rapid and anxious respiration; thick yellowish coating on the tongue; constipation.

China (in sol., 3—6 h.) when the disease partakes somewhat of a periodic character and is worse every other day, with shooting and pressive pains in the region of the liver; swelling and hardness of the hypochondria and epigastrium; pressive pain in the head; tongue thickly coated, yellowish, and bitter taste in the mouth.

Sulphur, (in sol., 3—6 h.) will be serviceable after any of the preceding remedies, when they fail to produce a favorable effect, or when the improvement is but temporary and the disease still continues, though diminished in violence.

It is particularly valuable after *Nux vomica*, to complete the cure.

1. CHRONIC INFLAMMATION OF THE LIVER. HEPATITIS CHRONICA.

The symptoms of chronic hepatitis differ rather in degree than in kind from those of the acute form. The pain in the right side under the ribs is of a dull heavy character, and is increased by pressure, by shaking of the body, or by lying on the left side; sometimes it is felt only under these circumstances. These symptoms are usually attended with more or less fever, which is frequently worse toward evening. The skin and whites of the eyes are more or less yellow; the stools white or clay coloured, and the urine brown or yellow, depositing a copious sediment.

After the disease has existed for some time, by pressing on the abdomen the liver may be felt extending beneath the short ribs of the right side, and towards the pit of the stomach; frequently the right side is observed to be more distended than the rest of the abdomen. In addition to those symptoms there is generally some derangement of the digestive functions, as loss of appetite; nausea and vomiting; yellow furred tongue and constipation, or at times diarrhœa. Chronic hepatitis may, however, exist with but few of the symptoms enumerated—or indeed without any of them being present. The pain in the right side may be the only symptom, or in some cases nothing but great itching of the skin may lead to a suspicion of its presence.

The *causes* are chiefly the same as those of acute hepatitis; the most frequent are intemperance in the use of intoxicating drinks and abuse of mercurial preparations.

Treatment.—The best medicines are: Nux vomica and Sulphur, or in some cases Aurum, Lachesis, Alumina, Lycopodium, Calcareo, China and Silicea.

Nux vomica (dry, n.) is the remedy which will in most cases be required in the commencement. It should be given for a few days, and then wait a week or more for the effect. Sulphur (dry, m.) may follow Nux vomica with advantage. The particular indications for the use of these medicines will be found under “Acute Inflammation of the Liver.”

Aurum, Lycopodium, Calcareo, and the other remedies mentioned, are useful in particular cases.

Jaundice. Icterus.

An attack of jaundice is generally preceded by loss of appetite, giddiness, nausea, and sometimes vomiting, flatulence and tension in the region of the liver and pit of the stomach, with yellow coated tongue. There is usually too, more or less lassitude and depression of spirits. These symptoms are followed, after continuing for a longer or shorter time, by yellowness of the eyes and skin; the urine is usually hot, burning and very high coloured, sometimes of a greenish hue, and discolouring the

linen; the stools are clay-coloured and the bowels mostly constipated. A feeling of uneasiness is generally experienced at the pit of the stomach, and when pressure is made on that region, there is often some degree of pain felt.

There is commonly but little fever in the mild forms of this disease, but in bad cases the febrile excitement may be high, and the brain become more or less affected, which is always a serious complication, and especially so when coma (drowsiness, great difficulty in being roused) takes place.

Cases in which this symptom is present but rarely recover, and death may take place in a few hours from oppression of the brain.

The colour of the skin sometimes changes from a citron to a dark brown or black, which has given rise to the name of *black jaundice*, applied in some cases. Generally, too, before the discolouration of the skin appears, there is a disagreeable itching or tingling of the whole surface. The disease, when arising from a moral cause, sometimes comes on almost instantaneously; usually however its approach is gradual and often insidious.

The *causes* of jaundice are numerous; it may occur in the course of hepatitis either acute or chronic, or in diseases of the stomach and bowels, fevers, &c. Blows on the region of the liver, and even on the head, may be exciting causes; and also moral emotions, as a sudden fit of passion. Frequently, too, abuse of drugs, as mercury, quinine, rhubarb, give rise to it.

Treatment.—Chamomilla, Mercurius vivus, Sulphur, Lachesis, Hepar, China, and Nux vomica, are the chief remedies.

Mercurius vivus (in sol., 4—8 h.) will of itself be sufficient to cure the majority of cases of jaundice, if the patient has not already been subjected to an abuse of this drug; in that event China will be preferable, which may be followed in obstinate cases by Hepar, Sulphur, or Lachesis.

China (in sol., 4—8 h.) may advantageously follow Mercurius vivus when the latter remedy is insufficient; or the two may be given in alternation.

Chamomilla (in sol., 2—4 h.) will be preferable for attacks

arising from a fit of passion. It may be followed or alternated with *Nux vomica*.

Sulphur and Lachesis (in sol., 6 h.) will be most suitable for very irritable persons, in whom the symptoms of jaundice manifest themselves upon every trifling occasion.

Jaundice produced by abuse of mercury may be combated by China and Hepar, or Lachesis and Sulphur,—that arising from abuse of cinchona by *Mercurius vivus*, *Belladonna*, *Calcarea*, *Nux vomica*; and that caused by rhubarb, by *Chamomilla* or *Mercurius vivus*.

Inflammation of the Kidney. Nephritis.

This affection is generally known by the following symptoms : a dull heavy pain or weight is experienced on one side in the region of the loins—when one kidney only is implicated. This is followed sooner or later by an acute pungent or lacerating and deep-seated pain, which is accompanied by a sensation of internal heat. The pain frequently extends from the loins along the ureters to the bladder and testicle of the affected side, and often to the groin and thigh, where it gives rise to a numbness or peculiar tremulous motion. The testicle is also usually retracted. The pain is aggravated by respiration, by making a quick or false step, or by any kind of shock, and by pressure. In most cases the urine is scanty and high coloured during the first few days; sometimes bloody; and it may be altogether suppressed when both kidneys are affected. In other cases, however, it is clear, watery, and deposits a whitish sediment. The pain is at times intermitting or remitting in its character; when this is the case, and small grains of sand or gravel are found in the urine, the disease is probably caused by a calculus in the kidney.

These symptoms are accompanied by more or less fever, and generally also by nausea and vomiting, and often by an uneasy sensation in the abdomen with flatulence, and frequently by diarrhœa.

Nephritis commonly ends by resolution ; occasionally, however, it ends in suppuration. When this is the case, the pain becomes dull and heavy ; the pulse soft and full ; there is alternate chilliness and fever ; followed by sweats ; and when, in addition to these symptoms, pus is observed in the urine, there is no doubt of the existence of suppuration.

The most frequent *causes* of nephritis are : blows on the lumbar region ; violent exercise, as dancing, riding on horseback or in a rough carriage without springs ; the use of drugs which act as irritants to the kidney, such as cantharides, oil of savin, oil of turpentine, &c. ; the presence of calculi in the kidney, especially such as are pointed ; and it is not unusual to meet with it either preceding or following an attack of rheumatism or gout. The inflammation may also extend to the kidneys from the bladder or urethra.

Treatment.—Aconite, Cantharides, Cannabis, Nux vomica, Pulsatilla, Arnica, Hepar sulphuris, Mercurius vivus, and Sulphur, are the chief remedies in this disease.

Aconite (in sol., 1—3 h.) will be indicated in the commencement of this affection to combat the inflammatory symptoms. It should be continued until the fever is abated.

Cantharides (in sol., 1—3 h.) will most generally be the preferable remedy after Aconite, and especially when the following symptoms are present ; difficult and very painful urination, sometimes mixed with blood ; burning pain in the urethra ; the urine passes in drops ; inability to pass the urine ; pains of a shooting, cutting or tearing character in the loins and region of the kidney.

Cannabis (in sol., 2—3 h.) when Cantharides have been insufficient, and the pain is more of a dragging nature, or when it shoots along the ureters,—from the region of the kidney down toward the groin.

Nux vomica (in sol., 2—4 h.) will be valuable when the disease occurs in persons of plethoric habit, who are addicted to too great indulgence in wine and other stimulants ; also in persons

of sedentary habits, especially if it arise from suppressed hemorrhoids, and there is constipation, nausea or vomiting, sense of faintness, distension of the abdomen, &c.

Pulsatilla (in sol., 2—4 h.) in persons of a mild disposition, and especially in females, when the nephritis arises from irregularity or suppression of the menstrual function.

Belladonna (in sol., 2—4 h.) may be given when the pains extend from the kidney to the bladder and are of a shooting character; and when the urine is scanty, of a bright red or yellowish colour, and deposits a red or whitish thick sediment, accompanied by heat and swelling in the region of the kidney and sometimes by colic; also anxiety, restlessness, and periodical aggravation.

Arnica (in sol., 2—4 h.) in all cases of nephritis arising from blows, violent concussion of the body or any kind of external violence. It may also be applied externally in the form of a lotion.

Hepar sulphuris (3rd trit., in sol., 3—4 h.) and *Mercurius vivus* (in sol., 3—4 h.) are chiefly serviceable in cases where the disease has gone on to suppuration, or to the formation of an abscess, which may generally be known by the following symptoms: alleviation or cessation of the pain; a sensation of throbbing in the region of the kidney; a feeling of weight in the loins; alternate chilliness and heat followed by profuse sweats. These two remedies may be in some cases taken alternately with advantage.

Sulphur (in sol., 6—12 h.) will be useful in protracted cases of acute nephritis, in which the remedies given have produced but partial relief, and also in the chronic forms of the disease—when the symptoms are less violent in their character.

Nephritis arising from abuse of cantharides in blistering, will be relieved by the use of Camphor. A drop or two of the tincture on a lump of sugar may be taken three or four times a day.

Inflammation of the Bladder. Cystitis.

In this disease there is generally at first some degree of pain experienced in the region of the bladder—the lower and anterior part of the abdomen,—which is increased by pressure, moving the body, the contraction of the abdominal muscles, sneezing, coughing, evacuating the bowels, and by efforts to pass the urine.

More or less tension and swelling of the lower part of the abdomen is also perceptible. There is constant desire to pass the urine and the effort is always extremely painful and ineffectual—but a few drops passing at a time and with great suffering to the patient; sometimes the efforts are entirely ineffectual. The passage of the smallest drop is attended by a sensation of great heat and burning. The bladder gradually becomes distended; the tumour above the pubes is manifest, and very painful to the touch; the pain also extends to the kidneys, perineum, rectum, and often over the whole abdomen.

In the commencement of the disease the urine does not differ materially from its usual condition: after a few days, however, it becomes thick, or muddy and reddish, and deposits a quantity of ropy mucus, similar to white of egg. There is usually more or less febrile excitement, which in severe cases is indicated by heat and dryness of the skin, dryness of the mouth, nausea, vomiting, with frequent pulse, at first hard, afterwards small and contracted.

In some cases, instead of the skin being dry, there is profuse perspiration having a urinous odour.

Cystitis, like nephritis, may terminate by resolution or by suppuration. In the latter case pus may form in the walls of the bladder and be discharged in the abdomen, producing fatal peritonitis; or it may penetrate the intestines, rectum, or uterus. The most favourable termination is by the interior of the bladder.

Cystitis, like other active inflammations, may be caused by cold; though it is more frequently owing to mechanical or

chemical irritants affecting the bladder either directly or indirectly.

The operation for stone; the long continued use of the catheter; falls or blows on the bladder, and also protracted and difficult labours, may all give rise to inflammation of the bladder.

The frequent employment of drugs which affect the urinary organs, especially cantharides, is one of the most common causes of this disease. The presence of calculi in the bladder may also produce it. Occasionally, too, it occurs in the course of an attack of gout or rheumatism, by translation.

Treatment.—The following remedies are the most useful in the treatment of cystitis: Aconite, Cantharides, Pulsatilla, Nux vomica, Sulphur, Calcareo carb., Hyoscyamus, Digitalis, Carbo vegetabilis, Dulcamara and Arnica.

Aconite (in sol., 3—6 h.) will have the preference in the inflammatory symptoms of this affection, and, as in nephritis, should generally be followed by

Cantharides (in sol., 3—6 h.), which will generally be found to be productive of great benefit in all cases not arising from the abuse of this drug by blistering or otherwise.

Pulsatilla (in sol., 3—6 h.) is one of the most serviceable remedies in this complaint, especially when occurring in persons of lymphatic temperament, and attended by the following symptoms; frequent desire to urinate, with painful and scanty discharge of slimy or bloody urine, which deposits a mucus or purulent sediment; cutting pains and burning in the region of the bladder, with external heat and swelling; sometimes suppression of urine.

Nux vomica (in sol., 6—12 h.) when occurring in consequence of suppressed hemorrhoids, or in persons addicted to the use of spirituous liquors.

Sulphur and Calcareo (in sol. 6—12 h.) will follow the last mentioned remedy advantageously; and will also be useful in the treatment of the chronic form of the disease.

Hyoscyamus (in sol., 3—6 h.), when the difficult urination

appears to arise more from spasms of the neck of the bladder than from acute inflammation of the organ.

Digitalis (in sol., 6—22 h.) is valuable in cases of difficult and painful urination, especially when the pain is of a constrictive character.

Carbo vegetabilis and *Arsenicum* (in sol., 6—12 h.) are useful in obstinate cases to allay the irritation and burning in the urethra during urination.

Arnica (in sol., 3—6 h.), when the disease arises from mechanical injury.

Dulcamara (in sol., 6—12 h.), when it returns on the slightest exposure to cold.

When the disease is induced by the abuse of cantharides, by blistering, &c., Camphor is the best remedy given as directed in the preceding article, "Nephritis."

Irritability of the Bladder.

This distressing affection, although it may occur at all ages, is most commonly met with in old persons. There is generally pain in the region of the bladder, which shoots in various directions to the back, anus, thighs, and along the urethra. This is aggravated by the presence of urine in the bladder, and the patient is called upon several times through the night, and more frequently during the day, to evacuate the urine, which is mostly accomplished with great pain and difficulty, and usually drop by drop. The urine at first may not present any unusual appearance, but after a time it may become mixed with mucus or pus, or, if the disease extends to the kidneys, a copious precipitate of sand or gravel may be thrown down. When the disease continues for some time, the general health of the patient suffers under the constant irritation; the appetite becomes impaired; the spirits depressed, and all the functions more or less disordered, resulting in general emaciation.

Occasionally the pain is acute, with a sense of constriction in the region of the bladder, which sometimes extends along the course of the urethra; with hard and round contraction of the

bladder, retention of urine, frequent urgent calls to evacuate the rectum, often attended with prolapsus of the bowel; great anxiety, restlessness, and clammy perspiration, but without fever, or soreness on pressing the region of the bladder.

The disease may end fatally in suppression of urine, if not checked by appropriate means.

Besides the *causes* mentioned under "Inflammation of the Kidney and Bladder," irritability of the bladder may arise from spinal irritation and from disease of the prostate gland.

Treatment.—The best medicines against this affection are: Aconite, Belladonna, Camphora, Cannabis, Cantharides, Colocynthis, Colchicum, Dulcamara, Hepar, Mercurius, Nux vomica, Pulsatilla, Sulphur, or in some cases Arsenicum, Arnica, Calcarea, Conium, Digitalis, Hyoscyamus, Lycopodium.

Examine the symptoms under the two preceding articles for the particular application of most of the remedies. The disease, however, will in the majority of instances require a course of treatment under the direction of a medical man.

Urinary Calculus. Stone or Gravel.

Calculus concretions are mostly formed originally in the kidneys, from whence they pass along the ureters into the bladder, and, when too large to be discharged with the urine, remain in that organ and serve as nuclei for other depositions of a similar character.

The foundation for stone may, however, be laid by extraneous substances lodged in the bladder. A portion of thickened mucus, a drop of blood, a piece of catheter or bougie, &c., has often produced the disease.

The form, size, colour, consistence and chemical composition of urinary calculi are exceedingly various. Some are rough on the surface, others quite smooth; most of them are of oval shape, a few round, and others are oblong or angular. In size they vary very much, being met with from the size of a pea to that of a lemon. The colour of calculi differs as much as their size and form; they are sometimes almost as white as chalk, at others

red, or of a deep chocolate colour, and again of a yellowish brown tint. The latter variety is most commonly met with. In consistence, also, there is the greatest difference, for while some are almost hard enough to resist the stroke of a hammer, others crumble into dust at the slightest touch.

Urinary calculi may be contained in the kidney, ureter, bladder, prostate gland, or urethra; but the bladder is their most common receptacle. Usually they lie loose in the most dependent part of that organ.

Occasionally they are contained in *cysts* formed between the coats of the bladder at the termination of the ureters, or between the folds of a contracted bladder. The bladder may contain a single stone or a great number. Several hundreds have been taken from the bladder of a single individual. The disease is in many instances hereditary.

A stone may sometimes be contained in the kidney and attain a large size without subjecting the patient to much inconvenience; at other times its presence gives rise to so much irritation, as to produce suppuration of that gland. The most excruciating pain is caused, in most instances, by the passage of a calculus along the ureter; the patient has frequent desire to make water, and can pass but a few drops at a time, and these mostly very high coloured and sometimes mixed with blood. The pain is at times so severe that the patient finds it impossible to leave the bed, and, in order to obtain temporary relief, is obliged to bend himself double. There is commonly more or less fever, eructation, nausea, vomiting, and retraction of the testicle. These symptoms subside as soon as the stone drops into the bladder. Sometimes there is an intermission of the pain for a few hours before the stone leaves the ureter, followed by a relapse. This may occur repeatedly.

The presence of a stone in the bladder, unless it be encysted, always gives rise to more or less uneasiness.

One of the first symptoms of stone is a frequent desire to pass urine, and severe pain upon passing the last drops of it. Itching of the glands penis (and of the penis) is also a common symptom

at the commencement of the disease, in order to relieve which the patient gets into the habit of pulling the prepuce. Another symptom is the sudden stoppage of the stream of urine. This is owing to the stone being carried to the inner orifice of the urethra, and blocking it up. A proof of which is that by change of position of the patient, by lying down, or otherwise, the urine flows again. After these symptoms have continued for some time, the patient becomes troubled with tenesmus and prolapsus of the rectum, induced by the constant straining to evacuate the bladder. Frequently when the stone is rough, there is a good deal of fetid mucus discharged along with the urine, which is occasionally mixed with blood.

The *causes* of stone are obscure ; it occurs most frequently in cold, moist, and variable climates, and in persons who are subject to dyspeptic affections. As previously mentioned, certain families appear to be peculiarly liable to it.

Treatment.—In the management of this disease the following remedies will be most efficient : Calcareæ, Cannabis, Nux vomica, Phosphorus, Cantharides, Acidum nitricum, Lycopodium and Sarsaparilla.

For calculus in the kidney, Lycopodium and Sarsaparilla have been used with most success.

Against calculus in the bladder, Cannabis, Sarsaparilla, and Nux vomica have been administered most successfully.

The preceding articles “Nephritis” and “Cystitis” should also be examined with reference to the particular indications for the choice of the medicines.

Immersing the whole body in a warm bath is a beneficial palliative remedy during a “fit of the gravel.” Relief may also be obtained in some cases by the administration of spirits of turpentine, and by rubbing the abdomen downwards from the region of the kidney to that of the bladder, in the direction of the ureter.

Calcaræa, Nux vomica, Lycopodium, and Sarsaparilla may be given with advantage to persons who are predisposed to this complaint. And in all such cases the diet should be carefully

regulated ; the food should be of the plainest kind, and spirituous liquors, and everything of a stimulating nature, scrupulously avoided.

Hernia. Rupture.

By hernia is understood the protrusion of any of the abdominal viscera, covered by the peritoneum, through natural or preternatural openings in the parietes of the abdomen.

Hernia is a very common disease. It is divided into several varieties, designated according to the situation it happens to occupy. Most commonly it makes its appearance in the groin, the navel, the scrotum, and the upper and interior part of the thigh.

The *causes* of hernia are numerous. It may be produced by severe exercise on horseback or on foot, by lifting heavy weights, playing on wind instruments, vomiting, costiveness, the hooping cough, crying, tight clothing, parturition, jumping, &c.

Frequently hereditary conformation, or preternatural laxity of the abdominal openings are predisposing causes.

Treatment.—This complaint may, in most cases, be cured by internal remedies, when it has not been neglected too long ; the physicians of the old school deny this—and they are perfectly correct when they speak of their own medicines. Trusses have been greatly improved in this country, but bad articles are still common. It is of great importance to get a good truss, for a bad one may do great injury ; if it does not fit exactly, or if it slips, it may make the rupture incurable. A good truss must not be troublesome, although in the beginning it may feel rather uncomfortable ; it must not be applied until the hernia has been entirely reduced, when the truss ought to keep it in its position. If the patient perceives, after the instrument has been applied, that something protrudes, let him take it off, lie down upon his back, reduce the hernia again, and replace the truss. When the hernia protrudes frequently, the truss is good for nothing. A person afflicted with hernia who does not wear a truss, or who wears a bad one—who exerts himself afterwards too much, or is otherwise imprudent, exposes himself to the danger of having

incarcerated or strangulated hernia, and mortification. It is also of great importance to know how a hernia should be reduced.

In order to accomplish this properly, the patient should lie down on his back, and place a pillow under the hips, so that the ruptured part may be higher than the rest of the abdomen—he should then incline a little to the side on which the rupture appears, to relax the abdominal muscles as much as possible. Another person can reduce the hernia better, but many can do it for themselves; it is best done by pressing the left hand softly against the part which protrudes, as if for the purpose of grasping it; after this, press the fingers of the right hand on the top, and then rub it softly, by passing the fingers over it; place the flat of the hand from time to time on it, and gradually increase the pressure; continue these efforts patiently for half an hour or longer, if the hernia is considerable. Most kinds of strangulated hernia can generally be reduced with facility, after the proper remedies have been taken, particularly Aconite or Nux vomica. When the hernia will not bear pressure, medicine must first be taken to remove the irritability—after which it frequently returns of itself. In some cases, placing a rag dipped in warm water upon the tumour will effect the reduction. Some persons apply cold water or ice in a calf's bladder, but this should not be kept on long, and should not be used at all when the parts are hot and red.

For violent burning pain in the belly, as from red-hot coals, the least touch giving pain, with sickness of the stomach, bitter bilious vomiting, nervousness and cold perspiration, give Aconite (in sol., $\frac{1}{2}$ —h.), which may be repeated if the pain returns again. In case Aconite only alleviates the symptoms for a short time, without any other good effect, dissolve a few globules of Veratrum in a wineglassful of water, and give every two hours a teaspoonful, but do not repeat it oftener than three times. If after this the efforts to reduce it should fail, give Sulphur, which should also be given in the beginning, if the vomiting be sour instead of bitter; leave the patient to rest awhile, and if he falls asleep do not disturb him.

If the pain is less violent when the parts are touched, and the vomiting lessened, but the breathing is attended by much difficulty; when taking cold, or overheating, vexation of mind, or improper diet is the cause, give *Nux vomica* (in sol.); if there is no improvement in two hours, give it again; when the patient becomes red in the face, when the abdomen is distended, or when bad smelling and eructations and vomiting occur, give *Opium* (in sol.) every quarter of an hour until there is a change; if the vomiting is accompanied by cold sweat, or if the extremities become cold, give *Veratrum* (in sol., $\frac{1}{2}$ h.); and if it does not improve after giving it twice, give *Belladonna*. As soon as the abdomen becomes sensitive, and cannot endure to be touched without pain, give *Aconite* and *Sulphur*, as above. When the rupture has already assumed a bad appearance—when the symptoms are very alarming, and no surgeon can be had, give *Lachesis* (in sol.), and if this gives relief repeat it as often as the symptoms get worse again; if, after a couple of hours, there is no improvement, give *Arsenicum* (in sol., 4 h.).

In all cases of strangulated hernia, a surgeon should immediately be sent for, but the above remedies must be taken in the meanwhile; if they prove efficacious before he arrives, so much the better; if not he will perform the necessary operation, which he will find to be much easier after the patient has taken the above medicine, as numerous experiments have proved. If he asserts that the effect of the medicine has been injurious, and that he cannot now succeed as well as he might have done if the medicines had not been given, he says what is not true, and is ignorant or prejudiced, and is to be distrusted.

CHAPTER XI.

DISEASES OF WOMEN.

Menstruation (the Monthly Illness).

MENSTRUATION is often delayed beyond the period at which we have reason to expect it in healthy females, or when it does

appear, is frequently preceded by much suffering, and followed by hysterics and other complaints. These complaints are generally produced by diseases which existed previously, and can only be cured by the continued attendance of a homœopathic physician. Affections of this class frequently find their origin and support in the mode of living; we can often trace them to insufficiency of clothing, which, especially in a variable climate like ours, is very injurious; many of the attendant complaints arise from other causes, which medicine alone can remove.

The age at which this function first makes its appearance in temperate climates is about the fifteenth year; though in some instances it occurs at a much earlier age, and in others again it is protracted several years later. In warm climates it generally appears as early as the ninth or tenth year, and in cold ones not often earlier than the twentieth.

The average duration of a menstrual period is about five days; it varies considerably, however, in different individuals, in some continuing for seven or eight days, and in others not more than two or three. It generally returns regularly in healthy females every twenty-eight days, and usually continues until about the forty-fifth year, when its final cessation takes place, and which is usually attended with a good deal of disturbance of the general health, as well as of irregularity of this function; hence this period of life has been called the "critical age," or "change of life."

Tardy Menstruation.

When menstruation is tardy, weak, or too late in making its appearance, beware of all quack medicines which pretend to induce the discharge; numbers of females have ruined their health for ever by using such medicines. In many cases a proper attention to diet, exercise, and clothing is all that is necessary to produce a healthy state of this function. Females subject to menstrual irregularities should carefully avoid all highly seasoned food, and also coffee, green tea, and all spirituous and malt liquors as beverages. Those of sedentary habits should accustom themselves to daily exercise in the open air, either by

walking or riding. Sedentary habits and close application to study are both highly injurious. The clothing should be warm, adapted to the season, and changed to suit the variations of temperature. It is of the greatest importance to keep the feet dry and warm, by wearing thick soled shoes and warm stockings, especially in wet or damp weather. The neglect of this precaution has destroyed the health and happiness of hundreds. A cheerful disposition should also be cultivated, as all depressing mental and moral emotions have an injurious tendency.

There are cases, however, in which, in addition to the observance of the above hygienic rules, it will be necessary to make use of one or more of the following remedies, which can be administered without injury; if they fail to effect the desired object, apply to a homœopathic practitioner.

Pulsatilla, *Sulphur*, *Coeculus*, *Veratrum*, *Bryonia*, *Belladonna*, *Lachesis*, *Lycopodium*, *Phosphorus*, *Arsenicum*, and *Sepia*.

Pulsatilla (in sol., 12—24 h.) will be in the majority of instances the most appropriate remedy with which to begin the treatment. It is especially adapted to females of a mild, easy disposition. The following are the chief symptoms which guide us to its selection; pain in the lower part of the abdomen and across the small of the back; giddiness, fulness about the head and eyes, paleness of the face with occasional flushes of heat; roaring in the ears, or partial deafness, coldness of the hands and feet, and disposition to general coldness; sour taste in the mouth after eating; nausea and vomiting; alternate crying and laughter; sadness and melancholy; painfulness of the breasts; palpitation of the heart, especially on going up stairs; loss of appetite, with desire for acids and disinclination to exercise. The symptoms are generally worse in the afternoon and before midnight, and frequently change from one place to another; better in the open air and while exercising. If no improvement follows after continuing it for a week or 10 days, give *Sulphur*.

Coeculus (in sol., 12—24 h.) will prove beneficial when the patient suffers from a complication of nervous symptoms, or against contracting, pinching pain in the lower part of the abdo-

men, with oppressed respiration ; and also against a scanty discharge of black blood, or when the patient is exceedingly weak, with great agitation, sighing or groaning, and is scarcely able to speak.

Belladonna (in sol., 12—24 h.), if there be determination of blood to the head with redness, sometimes approaching to blackness of the face ; bleeding at the nose ; redness of the eyes and intolerance of light ; giddiness, especially after stooping, and full bounding pulse. Advantage will be derived in some cases by giving Aconite alternately with Belladonna.

Bryonia (in sol., 12—24 h.) is indicated when, instead of menstruation, there is bleeding at the nose. Lachesis and Lycopodium are also suitable in similar cases.

Cuprum (in sol., 3—6 h.) is appropriate in cases of spasms, or threatened spasms, with nausea and vomiting, or when there are cramps in the extremities, with screaming ; also in convulsions.

Phosphorus (in sol., 12—24 h.) will be serviceable in females of a delicate constitution, with a slight form, weak chest, of lively disposition, and predisposed to lung diseases ; when, in place of menstruation, expectoration of blood in small quantities occurs, with hacking cough and pains in the chest.

Arsenicum (in sol., 12—24 h.) is applicable in cases attended with great weakness, also in swelling of the face, especially round the eyes, with paleness of the complexion, more particularly in the morning ; swelling of the feet and ankles in the evening, and a feeling of heat or burning in the veins.

Veratrum (in sol., 6—12 h.) will be useful when the patient has cold hands and feet, disposition to diarrhœa, &c.

Sulphur (dry, m.) will be especially valuable after Pulsatilla, when the latter has been insufficient, and also after any of the above remedies, especially if the patient complain of heat in the head, giddiness, palpitation of the heart, and shortness of breath, particularly on going up stairs ; loss of appetite ; sickness at stomach after eating ; emaciation and depression of mind.

Sepia (dry) is applicable to females of delicate constitution

with nervous or congestive headache, sensitiveness of the eyes, toothache, giddiness, or backache, tenderness of the skin and considerable debility.

Suppression of the Menses. Amenorrhœa.

By this term is understood the sudden stoppage of the menstrual flow. This is frequently consequent upon some accidental cause, such as exposure to cold or dampness without a sufficiency of clothing, particularly of the feet; putting the feet in cold water; powerful mental emotions, &c. It also often occurs in the course of other diseases, especially those of the lungs, liver, and uterus, in rheumatism, &c. In these latter instances the difficulty only can be removed by the cure of the primary disease, the appropriate treatment of which will be found under their respective heads.

Treatment.—The medicines which are chiefly valuable in sudden suppression from cold, &c., are; Aconite, Belladonna, Bryonia, Pulsatilla, Dulcamara, Sepia, Sulphur, Lycopodium, Opium, Veratrum, Platinum, Graphites, China, Causticum, and Kali carbonicum.

Aconite (in sol., 3—6 h.) will have the preference when the affection arises from fright, and especially if there be congestion of blood to the head or chest, with redness of the face; giddiness, nausea, or faintness; throbbing or acute shooting pains in the head, sometimes attended by delirium or stupor. When the suppression is occasioned by fright, this remedy should be administered immediately, and if not speedily followed by relief, or if the amelioration be but partial or temporary, it may be succeeded with benefit by Lycopodium, Opium or Veratrum.

Bryonia (in sol., 6—12 h.) is most suitable for unmarried females, and will be indicated when the suppression is followed by a sensation of swimming in the head, with heaviness and pressure towards the forehead, aggravated by stooping and by motion; pains in the chest; dry cough; bleeding at the nose; bitter or sour eructations; pain in the pit of the stomach after

eating; rising of food; pains in the small of the back, and also pains of a drawing character in the lower part of the abdomen; constipation.

Belladonna (in sol., 6—12 h.) will be serviceable after or alternately with Aconite in plethoric subjects, when there is congestion to the head, bleeding at the nose, and for most of the symptoms mentioned under Aconite when the latter is insufficient.

Pulsatilla (in sol., 6—12 h.), however, is the chief remedy in this affection, and will afford relief in the majority of instances, especially when the suppression results from the effects of cold or chill by exposure to dampness, and the patient suffers from headache chiefly confined to one side, with shooting pains extending to the face, ears, and teeth; palpitation of the heart; feeling of suffocation; flashes of heat; nausea or vomiting; disposition to diarrhœa; pressure in the lower part of the abdomen; frequent desire to void urine, and leucorrhœa. It is best adapted to females of a mild, easy disposition, with inclination to melancholy and tears.

Sepia (in sol., 12—24 h.) is also a valuable remedy in this disease, particularly in women of a delicate constitution; the suppression attended by sallow complexion or yellowish spots on the face; nervous headache, worse in the morning; giddiness; toothache; disposition to melancholy and sadness; great liability to catarrhs, especially after getting wet; pains in the limbs as if they were beaten; frequent colic and pain in the loins; nervous debility, and delicacy and tenderness of the skin.

Veratrum (in sol., 6—12 h.) if there be suppression with nervous headache; hysterical affections; frequent nausea and vomiting; pale, earthy colour of the face; coldness of the hands and feet, or nose; great weakness with fainting fits.

Kali carbonicum (in sol., 12—24 h.) in cases attended by difficult respiration; palpitation of the heart; disposition to erysipelatous eruptions and paleness of the face, frequently alternating with redness.

Sulphur (in sol., 12—24 h.) against pressive headache, chiefly in the back part of the head, extending to the nape of the neck,

or one-sided headache, or pain over the eyes, with heat and throbbing in the head; heaviness of the head; confusion of the head; giddiness; dimness of vision; bluish circle round the eyes; pimples on the forehead and round the mouth, and red spots on the cheeks; voracious appetite; sour stomach; sour and burning eructations; fulness and heaviness in the stomach and abdomen; constipation, with ineffectual efforts to stool; disposition to hemorrhoids; sometimes loose, slimy evacuations; spasms in the abdomen; leucorrhœa; numbness of the limbs; great disposition to take cold; difficulty of breathing; pain in the loins; great depression after talking; fatigue and weakness of the limbs; irritability of temper or disposition to melancholy and tears.

In cases of long standing, especially when occurring in debilitated subjects, China, Graphites, Cansticum, Natrum mur., Conium, Arsenicum, and Iodinum will be useful in addition to Sepia and Sulphur.

Too Copious Menstruation. Menorrhagia.

When the menstrual discharge is excessive, or continues longer than usual, and is attended by pains in the back, loins, and abdomen, which resemble those of labour, it becomes necessary to check it by the administration of appropriate remedies, and also to prevent its recurrence.

The medicines which are most suitable for this purpose are: Ipecacuanha, Crocus, Sabina, China, Chamomilla, Coffea, Nuxvomica, Platinum, Ignatia, Sulphur, and Calcareo.

Rest in the horizontal posture is also in most cases imperative.

Ipecacuanha (in sol., 3—6 h.) is of great importance in menorrhagia, and also in flooding after labour, especially when there is a profuse discharge of bright red blood.

Crocus (in sol., 3—6 h.) is one of the most valuable remedies in this complaint, particularly when the discharge is dark coloured, clotted and very copious, and the menses have returned too soon.

Platinum (in sol., 4—8 h.) will be useful in cases in which the menstrual discharge is too great, and consists chiefly of thick, dark coloured blood, and is attended with bearing down pains, venereal and general excitability.

Sabina (in sol., 3—6 h.) will be most suitable for robust, plethoric individuals who are liable to miscarry, and when the discharge is excessive and of a bright red colour; accompanied by rheumatic pains in the head and limbs; pains like labour pains in the loins, and great weakness.

Chamomilla (in sol., 3—6 h.) will be beneficial when the discharge is dark coloured and clotted, accompanied by griping pains which extend from the small of the back forward towards the abdomen; thirst; coldness of the extremities, and sometimes fainting.

Coffea (in sol., 2—4 h.) when after mental excitement the discharge comes on very profusely, with restlessness and agitation of body and mind.

Nux vomica (in sol., 3—6 h.) when the menstruation is too copious, and returns before the usual time; when it continues too long, or stops and returns again. It is particularly adapted to females who make too free use of coffee, wine, or other stimulants, all of which articles should be strictly prohibited for several months.

Ignatia (in sol., 3—6 h.) is most serviceable in cases in which the discharge continues too long, and is frequently attended by yawning and hysterical symptoms.

China (in sol., 6—12 h.) in cases of great debility in consequence of too copious or too long continued menstrual discharge. It may be given with advantage after the discharge has been checked by other remedies, and the patient suffers from weakness only.

Sulphur (dry), given during the intervals two or three times, allowing a week to elapse between the doses, will often be beneficial after the failure of other remedies. Calcareæ, administered in the same manner, will frequently be found successful.

Dysmenorrhœa, Painful Menstruation, Menstrual Colic.

The remedies which are most useful in painful and difficult menstruation are : Belladonna, Chamomilla, Pulsatilla, Nuxvomica, Lachesis, Coffea, Cocculus, Causticum, and Veratrum.

The following medicines may be given in sol., a dose every hour, until the patient is relieved ; or until another medicine is thought requisite.

Belladonna is indicated when there is severe pain in the back, and strong bearing down in the lower part of the abdomen, as if the parts were about to fall out, accompanied with violent congestion of blood to the head, confusion of sight, frightful visions, great disposition to bite, screaming, redness, and bloated appearance of the face, and frequent ineffectual efforts to evacuate the rectum with much straining.

Chamomilla, when the pains resemble labour pains, with pressure from the small of the back toward the front of the abdomen and downward ; colic, with tenderness of the lower part of the abdomen when touched, and discharge of dark-coloured and coagulated blood.

Pulsatilla is serviceable when there is a feeling of heaviness as if from a stone in the lower part of the abdomen ; violent pressure in the lower part of the abdomen and small of the back, attended with a sensation of drawing and numbness extending down the thighs ; the latter feeling is felt more particularly when the patient is in the sitting posture ; pressure in the rectum with ineffectual efforts to evacuate ; frequent inclination to pass water.

Nuxvomica is most useful in relieving writhing pains in the abdomen, accompanied by nausea, or pains in the back and loins as if dislocated ; feeling as if bruised on the bones of the pubes ; spasms and pricking in the lower part of the abdomen ; paroxysms of pressing and drawing pains, frequent desire to evacuate the bladder, and sensation of distension in the bowels as if they would burst.

Coffea will be beneficial if there be much nervous excitement; colic, with feeling of fulness and pressure in the bowels, and violent spasms which extend to the chest; delirium; wringing of the hands, grinding of the teeth; violent screaming; difficulty of breathing and groaning; coldness of the whole body, and numbness and stiffness.

Lachesis is of great value in difficult menstruation, especially when accompanied by diarrhœa with violent tenesmus, which generally precedes the menstrual flow, and continues after it has ceased.

Cocculus, when there are spasms in the abdomen, cramps in the chest; flatulency; nausea and faintness, and pressive colic.

Causticum, if there be cutting pains in the small of the back; spasms in the abdomen; hysterical symptoms, and yellowish complexion.

Veratrum, against menstrual colic, with nervous headache; nausea and vomiting; coldness of the hands, feet or nose; great weakness; fainting fits and diarrhœa.

Hysterics. Hysteria.

This disorder occurs more frequently in single than in married females. The time of life at which it is most common is between the ages of fifteen and thirty-five; and the attacks usually take place about the period of menstruation.

The following are some of the most common symptoms; depression of spirits, anxiety, weeping, difficulty of breathing, palpitation of the heart and nausea. There is generally also a pain in the left side, which seems to pass upward to the throat and lodge there, giving rise to the sensation of a ball being there; when it advances further, there is a feeling of suffocation, stupor, and insensibility, with spasmodic clenching of the jaws; the body is moved about, sometimes it becomes rigid, and the limbs are agitated; fits of laughing, crying and screaming by turns, with incoherent talking and foaming at the mouth. Hicough is also a common and very distressing symptom. In some cases the attack begins with a violent spasmodic pain in

the back, extending to the sternum, which after a time becomes fixed at the pit of the stomach, and is frequently so intense as to produce clammy perspiration, pale, death-like appearance of the countenance, coldness of the extremities, and weak, almost imperceptible pulse. The fit commonly passes off with eructations, sighing and sobbing, and is followed by a feeling of soreness of the whole body.

Hysteria is easily excited in females who are subject to it by sudden mental emotions.

Women of a nervous or sanguine temperament are principally liable to this affection; a predisposition to it is induced by an inactive or sedentary life, depressing mental emotions, excessive hæmorrhage, suppressed or painful menstruation, living in damp and badly ventilated houses, or the continued use of spare or unwholesome diet.

Treatment.—The most valuable medicines against this complaint are : Coffea, Pulsatilla, Cocculus, Cuprum, Ignatia, Lachesis, Platinum, Stramonium, Sulphur, &c.

Coffea (in sol., 1—3 h.) will prove beneficial, when there are spasms of the abdomen; jerking in the extremities; agitation; screaming or crying; the patient throws herself on the floor, and is covered with cold perspiration.

Pulsatilla (in sol., 1—6 h.), in patients who are addicted to the daily use of coffee, are excessively chilly and inclined to tears; the symptoms aggravated in the evening.

Ignatia (in sol., 1—6 h.) is most suitable in cases attended with nausea and fainting; general chilliness; paleness of the face; dimness of sight; intolerance of light and noise; heat of the body; distension and hardness of the abdomen, with digging and winding or pressing and drawing pains.

Cocculus, Cuprum and Veratrum, will be indicated in attacks accompanied by general spasms, with clenching of the jaws, foaming at the mouth, &c. For more particular symptoms of these and other remedies, examine under the heads of "Amenorrhœa," "Dysmenorrhœa," and "Menorrhagia," which diseases

also frequently give rise to this affection, and their cure will be followed by the removal of the hysterical symptoms.

Chlorosis, Green Sickness.

This affection commonly occurs in young girls at the period of puberty—about the fourteenth year—and is most generally owing to some obstruction to the first menstruation. A similar condition may, however, be induced in females of a more advanced age, and of delicate constitution, by excessive depletion, sedentary occupation, exposure to dampness and cold, insufficient food and clothing; mental emotions of an unpleasant kind, &c.

The disease may be distinguished by excessive paleness of the complexion and lips, the latter appearing at times almost white—sometimes alternately with redness and flushing of heat; general mental and physical languor; the patient complains of being weak and tired; the breathing is hurried; the slightest exertion produces panting respiration and violent palpitation of the heart; this is particularly noticeable by directing the patient to go up stairs quickly; the lower extremities often become swollen; the appetite depraved, with a longing after chalk, charcoal, &c.; flatulent distension of the abdomen, particularly after meals; costiveness or diarrhoea; hectic cough, sometimes attended by expectoration of dark-coloured clotted blood, and emaciation.

In the *treatment* of chlorosis the following medicines have proved to be most useful: Pulsatilla, Sepia, Sulphur, Bryonia, Calcarea carb., Ferrum, Kali carbonicum, China, Lycopodium and Natrum carb.

Pulsatilla (in sol., 12—24 h.) is best adapted to females of a mild, easy disposition, disposed to sadness and tears; and particularly if the disease was produced by exposure to cold or dampness, and attended by frequent attacks of one-sided headache, with pains shooting to the ears and teeth; sometimes the pain changes suddenly from one side to the other; aching in the forehead, and pressure on top of the head; sallow complexion alternating with redness and flushes of heat; difficulty of breath-

ing and feeling of suffocation after the slightest exertion; palpitation of the heart; coldness or heat of the hands and feet; looseness of the bowels and leucorrhœa; nausea and vomiting; sensation of weight in the abdomen; periodical expectoration of dark coagulated blood; hunger with repugnance to food, and great fatigue, especially in the legs.

Sepia (dry, n.) will be beneficial after *Pulsatilla*, when the latter has been insufficient, and especially if there be, in addition to many of the symptoms enumerated above, disposition to hysteria; sallow complexion, and dark or yellowish spots on the face; colic, and pain in the limbs as if bruised.

Sulphur (dry, n.) should have the preference when there is pressive pain in the back of the head, extending to the neck; congestion to the head with throbbing pains; humming in the head; pimples round the mouth and on the forehead; paleness of the face, with red spots on the cheeks; emaciation; voracious appetite; sour and burning eructations; pressive fulness and heaviness in the stomach and abdomen; irregularity of the bowels; pain in the loins; difficulty of breathing; great depression after talking; fatigue, especially in the legs; great liability to take cold. It is most suitable for irritable and passionate persons or those inclined to sadness and tears.

Bryonia (in sol., 12—24 h.), when there is frequent congestion to the head or chest; bleeding at the nose; chilliness, sometimes alternating with heat; dry cough; colic; constipation; bitter taste in the mouth; yellowish coated tongue; feeling of aching, as if from a blow, in the stomach.

Calcareo carb. (dry, n.) will frequently effect a cure after the failure of other remedies, when the difficulty of breathing is very great; with swelling of the extremities; excessive emaciation, &c.

Ferrum (in sol., 12—24 h.) will be serviceable after or in alternation with the latter, when the sallowness continues with great debility, want of appetite, nausea, &c. When the complexion is very sallow, the lips bloodless and pale, the heart's action palpitating, irregular or accompanied by the peculiar noise known to medical men as the "bellow's sound," shewing a defici-

ency of the red portion of the blood, it will often be necessary to give Ferrum in much larger doses than here indicated, in order to supply the want of iron in the blood. The experienced practitioner will alone be able to determine the cases for which this treatment is necessary.

For the particular indications for the use of the remaining remedies, refer to what has been said under the articles "Amenorrhœa," "Dysmenorrhœa" and "Suppression."

This disease, however, should in all cases, where it is possible, be under the management of a homœopathic practitioner, as it is one which, if neglected or improperly treated, will destroy the health and consequently the happiness of the patient.

Cessation of the Menses.

The period at which menstruation ceases is, as previously mentioned, about the forty-fifth year of age, though in some instances the "change" takes place several years earlier, and in others again, it may be postponed to the fiftieth year, and even later.

Women of delicate constitution and those who "live high" and whose habits are sedentary, generally experience this change earlier than those of a more robust organization, or those who live temperately and make use of plenty of exercise, especially in the open air.

As the "change of life" approaches, the menses generally become irregular, both as regards the time of their return and the quantity of the discharge. They may either return too soon, or the interval may be much longer than usual. The quantity discharged is at times much smaller than common, and at others again it may be so profuse as to amount to an hemorrhage. Occasionally the flow comes on suddenly and quite unexpectedly, continues for a short time, and then stops without being followed by any of the ordinary symptoms of suppression. Sometimes the menstrual fluid discharged is largely mixed with mucus.

In the majority of women, while this change is in progress, there is more or less disturbance of the general health, giving

rise to headache; vertigo; flushes of heat; paleness and debility; nervousness; irregularity in the urinary discharge; sometimes it is frequent and in large quantities, at others scanty and high coloured; pain in the back and loins, which extends down the thighs with a creeping sensation; heat in the lower part of the abdomen; occasional swelling of the abdomen; swelling of the extremities; piles and pruritus (violent itching of the privates).

In some instances, however, the menses gradually cease without being attended by any of the unpleasant symptoms enumerated above. Frequently after the complete cessation of menstruation the health becomes better than it had ever been previously.

The remedies that are most useful in combating the disorders incident to the "change of life" are Pulsatilla and Lachesis. They may be administered (dry) alternately once or twice a week, and will be generally found sufficient to remove the abnormal symptoms. If they should not suffice, the following may prove beneficial: Sulphur, Sepia, Ignatia, Cocculus, Cuprum, Bryonia and Calcareo carb.

Much benefit will be derived from proper attention to diet, exercise, clothing, &c. The food should be light and digestible, and everything of a stimulating nature carefully avoided. Daily exercise in the open air either by walking or riding, and also bathing, will be productive of great advantage. The clothing should be warm and comfortable, and changed to suit the vicissitudes of temperature.

Leucorrhœa. Whites.

This term is applied to a discharge of mucus, generally whitish, proceeding from the vagina. It is of so common occurrence that many women and sometimes even small children are subject to it. At first the patient notices a slight discharge of whitish matter, which escapes from the vagina drop by drop, and is unaccompanied by any unpleasant sensation. If neglected, as is most generally the case in the beginning, the discharge increases in quantity, and in some cases it becomes excessive.

The quality, too, is changed, and it becomes greenish, yellowish, or of a dark brown, almost black colour, and gives rise to pains, excoriation, and ulcers of the parts. The general health also suffers; the appetite fails; the pulse becomes weak; the face pale and bloated; the eyes become dull and heavy, and are surrounded by yellowish circles; vision is impaired; there is constant pain in the back and loins; lowness of spirits; excessive debility, &c.

The exciting *causes* of leucorrhœa are numerous; anything which affects the general health may produce it; sometimes it is owing to the presence of foreign bodies in the vagina; some of the worst cases of the disease, for instance, owe their origin to a long continued use of an instrument intended to remedy falling of the womb. Such cases can never be cured until the exciting cause is removed. The disease is sometimes owing to inattention to cleanliness.

In the *treatment* of this affection much benefit will be derived from syringing the parts frequently with cold water, and sometimes by the judicious use of the cold hip-bath. The medicines employed with most advantage are: Calcarea carb., Pulsatilla, Sepia, Sulphur, Natrum muriaticum, Coccus and Causticum.

Calcarea carb. (dry, n.) is particularly suited to women of a lymphatic constitution, light complexion, and who have copious menstruation, which is liable to return too soon; when the discharge is milky, often passes with the urine, and on lifting, and usually comes on, or is worse immediately before menstruation; is often attended by itching and burning; shooting pains through the parts, and falling of the womb. It is also valuable in the corrosive leucorrhœa of young children.

Pulsatilla (in sol., 12—24 h.), when the discharge chiefly takes place immediately before, during and after menstruation; when produced by fright, and when occurring in young girls who have not menstruated; the discharge thick like cream, sometimes corrosive and attended by itching of the parts.

Sepia (dry, n.), against yellow, greenish or fetid discharge, which sometimes produces excoriations; with bearing-down

pains ; frequent desire to pass urine ; swelling of the abdomen ; yellowish complexion.

Cocculus (in sol., 12—24 h.) if the discharge be mixed with blood during pregnancy, or like the water meat has been washed in, attended by colic and flatulency, and taking place principally before and after menstruation.

Causticum (dry, n.) against profuse leucorrhœa, having the smell of the menses, or which flows at night, attended by pain in the back and loins ; sallow complexion and excoriation of the parts.

Natrum muriaticum (dry, n.), when the discharge is copious, and consists of transparent, whitish and thick mucus, or is acrid, with yellow colour of the face ; also when accompanied by headache, disposition to diarrhœa, with slimy evacuations and colic.

Sulphur (dry, n.), for inveterate cases of leucorrhœa ; the discharge sometimes yellowish, burning and corrosive, and preceded by colic ; also when it results from repelled eruptions or ulcers.

Prolapsus Uteri. Falling of the Womb.

This disorder is of very frequent occurrence in women. The chief symptoms are : Sensation of bearing-down or dragging about the groins ; pain in the back and loins ; feeling of pressure low down in the pelvis ; sense of numbness extending down the limbs, and sometimes frequent desire to pass water ; nervous debility, faintness, &c.

Causes.—A relaxed state of the system, either natural, or a consequence of sedentary habits, indulgence in stimulating food and drinks, &c., may predispose to prolapsus of the womb. Difficult labours, or getting up too soon after confinement, severe and long continued coughs ; falls ; injuries from over-lifting ; tight lacing ; violent vomiting, and numerous other causes might be mentioned as immediate causes of the disorder.

The medicines most efficacious in the treatment of prolapsus are : Nux vomica, Sepia, Belladonna, Aurum and Calcareo carbonica.

A few doses of *Nux vomica* (dry, n.), in the commencement of the complaint will often remove it. Should it however fail, or should the displacement have existed for some time, one or more of the other remedies mentioned may be required.

They may be administered, one at a time, in the order named, once a day for five or six days, and then discontinued. If amelioration follow the use of one of them, nothing more should be given until it cease, when the same medicine may be repeated.

If the disease be produced by a fall, overlifting, or external violence of any kind, *Arnica* (in sol., 6—12 h.) will be the remedy most likely to afford relief.

Remarks on Pregnancy.

The woman whose lot it is to bear within herself a living being, occupies a position of the highest interest.

During this period, therefore, she should consider that her most trifling actions may exert a great influence on the future physical, and we may add, moral and intellectual condition of a being bound to her by the fondest ties,—a being that has a right to expect from her, as its parent, so far as it lies in her power to give, a sound constitution. Therefore, to realize such an object, it is the duty of the mother to pay all possible attention to her *diet*, *exercise*, and *dress*.

Diet. With regard to diet she should observe the greatest simplicity; her food should consist simply of those substances of a purely nutritive nature, and everything medicinal or stimulating, such as food prepared with much seasoning, spirituous, vinous and fermented liquors, strong teas and coffee, should for the most part be avoided.

She should also guard against taking too great a quantity of nourishment, as excesses of this kind may give rise to dyspeptic and other troublesome symptoms; which, besides being a source of much suffering to herself, may seriously affect the health of her future offspring.

Exercise. With regard to exercise, here let us say, that in order to enjoy a good degree of health, it is absolutely indispensable during the term of pregnancy. Passive exercise, such

as riding in a carriage, is not only insufficient at all times, but has often been found particularly injurious during, or towards the end of the second period of gestation ; and is frequently the cause of premature or abnormal births.

The most desirable kind of exercise is walking in the open air, for this not only brings the muscles of locomotion, but the whole of the organic muscles into play, and by so doing imparts the increasing vigor of the mother to the child. Such exercise must not, however, interfere with the process of digestion, and is therefore most suitable two or three hours after a moderate meal at noon, and during warm weather, towards evening ; care being taken to avoid the dampness of the night air by returning home early.

Dress. The dress should be strictly suited to the season and not produce the least pressure on any part of the body ; even the garters should be worn loosely. Tight lacing is highly injurious ; it must be evident to the plainest understanding, that serious injury to the health of both mother and child must often result from a continual and forcible compression of the abdomen while nature is at work in gradually enlarging it for the accommodation and development of the fœtus ; and the result is, no doubt, that there are many who owe their deformities to the vanity of their mothers.

Derangements during Pregnancy.

Although the state of pregnancy is one perfectly natural and perfectly healthy, yet in consequence of the existence of constitutions naturally weak, and of those disordered by the excessive use of medicines prescribed under the old system, and from numerous other causes, it often happens that this condition is attended by many deviations from health, which it may be well to notice, together with the best means for removing them.

The practice of bleeding, which is so prevalent among old school practitioners, for the plethora or general fulness of the system and tendency to congestions, especially to the head, which usually attend pregnancy, is in all cases to be deprecated, as it not only fails in effecting the object aimed at—the removal

of the plethora—but is besides positively injurious, inasmuch as it reduces the strength and vigour of the patient; thereby rendering her much more liable to miscarriages, convulsions, nervous disorders, floodings, &c. The more judicious and intelligent of these old school physicians are abandoning this most reprehensible practice. Generally a proper attention to diet and exercise, as recommended in the previous articles, will prevent any serious mischief resulting from this plethoric tendency. Or in case that should be insufficient, some of the medicines recommended under the appropriate heads will accomplish the desired purpose.

The following are some of the most common of the deviations from health, which are met with during pregnancy.

Menstruation.

The continuance of menstruation during pregnancy, though of comparatively rare occurrence, is occasionally met with, and may be considered rather a deviation from the ordinary course of nature, than an actual disease.

When a cause of suffering to women by being too long continued or profuse, producing debility, or when attended by pain, some of the following medicines may be required: Crocus, Platinum, Coccus, or Phosphorus.

For their particular indications, and also for other remedies, see “Painful Menstruation” and “Menorrhagia.”

Vertigo and Headache.

Very often during pregnancy women are troubled with fulness, giddiness and pain in the head. Sometimes these symptoms commence as early as the third or fourth week after conception. The feeling of giddiness or lightness is frequently accompanied by dulness and a disinclination to active employment; sleepiness or sometimes sleeplessness; dimness of sight after stooping; flashes or sparks before the eyes; disposition to fall forward when stooping; headache, with a feeling of weight on the top of the head or in the back of the neck; palpitation of the heart; nervousness, tremblings, &c. These symptoms are commonly worse in the morning.

The medicines most useful in alleviating or removing these symptoms, are : Aconite, Belladonna, Nux vomica, Opium, Platinum, Pulsatilla and Sulphur.

Aconite (in sol., 6—8 h.) is best adapted to persons of a plethoric habit, with a florid complexion and nervous temperament, and especially if there be giddiness on rising from a seat as if intoxicated, often causing one to fall ; faintness and dimness of vision on rising from a recumbent posture ; determination of blood to the head ; and pressure in the forehead ; stupifying pain in the head ; eyes red and sparkling, with intolerance of light ; black spots before the eyes.

Belladonna (in sol., 8—12 h.), against congestion to the head, with vertigo, staggering and trembling ; buzzing in the ears ; intolerance of noise ; heaviness and pressive pain on top of the head or in the forehead over the eyes ; pain with a sense of expansion of the head, and violent throbbing of the carotid arteries ; redness in the face ; soreness and redness of the eyes ; sparks before the eyes ; objects appear double. The symptoms are mostly worse in the morning.

Nux vomica (in sol., 8—12 h.) is most suitable for women of a hasty temper, and those who are of sedentary habits, or addicted to the use of wine or coffee. The symptoms are generally aggravated in the morning, and better in the open air. It is valuable against giddiness with a feeling of confusion in the head ; with cloudiness of sight and buzzing in the ears ; pains in the head of a tearing, drawing or jerking character, or periodical pains ; constipation, insipid or acid, bitter and putrid taste, &c.

Opium (in sol., 6—12 h.), against giddiness on rising from a stooping or sitting posture ; giddiness, with stupidity as if from a debauch ; great drowsiness, imperfect sleep, with puffed face, thick, heavy breathing, and illusions of the imagination.

Platinum (in sol., 8—12 h.), if there be headache which increases gradually until it becomes violent, and then diminishes in the same way, and also for headache produced by vexation or passion ; constant disposition to spit, the saliva being tasteless or sweetish. It is particularly valuable in sufferings of nervous

and hysterical women. The symptoms are worse during repose, and relieved by motion.

Pulsatilla (in sol., 6—12 h.), against giddiness, which is worse after stooping, with momentary blindness and staggering, throbbing and shooting pains in the head; one-sided cephalalgia; headache every other day. The sufferings are sometimes attended with numbness of the limbs, are worse in the afternoon and evening, and better in the morning. It is most suitable for women of a mild disposition.

Sulphur (in sol., 8—12 h.), if there be congestion of blood to the head, with pulsative pains and sensation of heat in the head, vertigo and staggering, principally when seated, or after a meal, attended sometimes by nausea, fainting, weakness, and bleeding from the nose; confusion of the head, with difficulty in meditating, worse in the morning or evening; one-sided headaches, or headaches occupying the top of the head, or the back part, or the forehead over the eyes, with dimness of sight; periodical or intermittent headaches, worse in the morning or evening, or at night. The pains in the head are mostly aggravated by movement, walking in the open air, and meditation.

After taking the above medicines in the manner indicated for two or three successive days, the patient should wait several days to observe the effect. If improvement follow, nothing else should be taken as long as it continues. If the symptoms grow worse again, the same medicine should be repeated. When there is no improvement, another remedy should be selected.

Morning Sickness.

Nausea, vomiting, heartburn, &c., are at the same time the most common and most distressing accompaniments of pregnancy. They usually begin five or six weeks after conception, and continue until the sixteenth week. After which time they generally abate or cease entirely; in some cases, however, they continue with but slight modification to the end of gestation.

These troublesome symptoms commonly take place immediately on rising from bed in the morning, and are often exceed-

ingly harassing for two or three hours. Occasionally they return again in the evening.

Treatment.—The following medicines have generally been found most efficacious in removing these complaints. Ipecacuanha, Nux vomica, Natrum muriaticum, Arsenicum, Pulsatilla, Magnesia, and Phosphorus.

Ipecacuanha (in sol., 12 h.) should be given when there is nausea and vomiting, with great uneasiness in the stomach and epigastrium; vomiting of drink and undigested food; bilious vomiting, and tendency to relaxation of the bowels.

Nux vomica (in sol., 12 h.), when there is nausea and vomiting, chiefly in the morning, while eating, or immediately after eating or drinking; acid and bitter eructations and regurgitations; violent hiccough; waterbrash; pain and sensation of weight in the pit of the stomach; constipation, and irritable temper.

Arsenicum (in sol., 12 h.), if there be excessive vomiting, especially after eating or drinking, with attacks of fainting; great weakness and emaciation.

Pulsatilla (in sol., 12 h.). Nausea after eating; vomiting of food; heartburn; eructations, acid, bitter, or with the taste of food; depraved appetite, or craving for acids, wine, &c.; whitish coated tongue.

Natrum Muriaticum (in sol., 12 h.) will be useful in obstinate cases, accompanied by loss of appetite and taste; constant flow of water from the mouth; waterbrash, acid stomach; pain and soreness at the pit of the stomach.

Phosphorus and Magnesia (in sol., 12 h.) will be beneficial in cases in which the symptoms are similar to those mentioned under Arsenicum, and which the latter remedy has failed to remove.

Constipation.

Constipation is a very common attendant on pregnancy, especially with persons naturally of a costive habit. When it does not arise from a mechanical cause, it may frequently be removed by active exercise in the open air, drinking freely of cold water, and eating plentifully of cooked or ripe sweet fruits.

When these means are insufficient, one or more of the following medicines may be given : *Nux vomica* (dry), a dose taken in the evening for two or three evenings, and then, if required, followed by or alternated with *Ignatia* ; or, in some cases, it may be necessary to give *Bryonia*, *Opium*, *Lycopodium*, or *Sulphur*. (See "Constipation," page 321.)

Diarrhœa.

Diarrhœa occurs occasionally during pregnancy, much less frequently, however, than constipation, but is much more injurious, and means should be taken to check it speedily, otherwise the health of the woman may suffer seriously.

The medicines which are mostly beneficial are : *Lycopodium*, *Sepia*, *Sulphur*, *Dulcamara*, and *Antimonium crudum*. (See also the article "Diarrhœa," page 306.)

Pruritus.

Not unfrequently during the course of pregnancy women are at times excessively annoyed and distressed by a very troublesome itching of the privates.

Sometimes this itching arises from a vitiated condition of the mucous secretion of the parts, and at others it is owing to the presence of an aphthous eruption resembling the thrush of infants, which occasionally covers entirely the mucous membrane of the vagina. In other instances, again, the parts assume a dark red hue, attended with great irritation and excoriation, and almost constant oozing of a thin, watery secretion, the accumulation of which is attended with the most intolerable itching. This affection is not confined only to the pregnant state, but may occur at any time.

Treatment.—*Arsenicum*, *Bryonia*, *Calcarea*, *Carbo vegetabilis*, *Mercurius vivus*, *Pulsatilla*, *Lycopodium*, *Sepia*, *Silicca*, *Sulphur*, and *Rhus*, are the chief remedies in this complaint. (These remedies should be given in sol., 12 h.).

The cure will be much accelerated by frequently washing the parts with cold water.

A solution of borax in water, applied two or three times a day,

will generally remove the itching in a few days ; the same result is often obtained by washing the parts with water slightly acidulated with lemon juice.

Fainting and Hysteric Fits.

Women of a delicate constitution and nervous temperament are frequently attacked with fainting and hysterics during pregnancy. Generally the attack passes over in a short time without any bad consequences resulting. When the attacks are light, attention to dietetic rules, and plenty of exercise in the open air will generally prevent their recurrence. But should the attacks be more severe, and these means insufficient for their removal, it may be necessary to trace the cause, and if possible remove it. Frequently they arise from tight lacing, warm rooms, &c.

The speediest means of reviving a patient from fainting is to admit fresh air in abundance, and sprinkle the face with cold water.

Aconite (in sol., 12—24 h.) may be useful in preventing a return of the attacks, when they occur in plethoric individuals.

Coffea (in sol., 12—24 h.), in nervous women, with great agitation ; spasms in the abdomen ; difficult respiration ; cold perspirations, &c.

China (in sol., 12—24 h.), when caused by general weakness, particularly from hemorrhages.

Chamomilla (in sol., 6—12 h.), against hysteria which is excited by a fit of anger.

Nux vomica (in sol. 6—12 h.), when those affections occur in choleric persons, and are accompanied by derangement of the stomach.

Belladonna (in sol., 12—24 h.) is often useful after or in alternation with Aconite, especially when there is congestion of blood to the head.

Pulsatilla (in sol., 12—24 h.) is best suited to women of a mild easy disposition, and when the attacks are attended by great excitability, with disposition to hypochondriasis, &c.

Ignatia (in sol., 12—24 h.) is one of the most valuable remedies when the patient complains of severe headache, as if a nail

were driven into the head ; melancholy, frequent sighing, and concealed sorrow.

Toothache.

Toothache is a very common affection during pregnancy, and often attacks women who are seldom subject to it at any other time. Frequently it is of exceedingly severe character, partaking of the nature of a neuralgia. It most generally commences in a decayed tooth, whence it may extend to the whole set, darting along the jaw, and also to the face and head. Occasionally, however, it originates in a sound tooth, and consequently care should be taken to consult a physician previously to having teeth extracted. Sometimes the pain in the teeth is symptomatic of some constitutional taint, which can only be removed by appropriate treatment under the direction of a physician.

The medicines which will be most commonly found useful to relieve the sufferings, are the following : *Calcarea carb.*, *Sepia*, *Mercurius vivus*, *Chamomilla*, *Nux vomica*, *Pulsatilla*, and *Staphisagria*. For the particular indications governing the choice and repetition of these remedies, and also for other remedies which may be useful, see the article "Toothache" in a preceding chapter.

Varicose Veins.

During pregnancy many women suffer a good deal from a distension of the veins in the lower extremities. The swelling generally commences first about the ankle, and gradually extends upward towards the thigh ; it is frequently confined to the leg below the knee, but occasionally the veins of the entire limb are implicated. The disease may involve both limbs, or it may be confined to but one.

The enlarged veins lie in general near the surface, and assume at first a reddish hue, and after continuing so for some time, become bluish or of a leaden colour, and the large ones become very much knotted. They get larger when the patient is standing, or when the limb is hanging, and the swelling decreases on lying down.

This disease, though occurring more frequently during pregnancy, is not confined to this state, but may take place at any time in the female, and is also met with in the male sex.

The disease in the beginning is not painful, but if the swelling continues to increase, it may become so, and the veins may ultimately burst, and a large quantity of blood be discharged, either externally, or effused into the cellular tissue.

Varicose veins are generally caused by obstruction to the circulation, arising from the pressure of the enlarged uterus upon the blood vessels; their occurrence in an aggravated form, however, is indicative of constitutional debility.

After delivery, the pressure being removed, the swelling gradually disappears, and the veins resume their natural size and appearance.

Treatment.—Much good will often result from frequent bathing with cold water or diluted alcohol. Having the limb bandaged, or making use of the laced stocking, will also afford great relief, especially to persons who are compelled to be much on their feet. The bandage or stocking should be applied in the morning after rising, when there is the least swelling, beginning at the foot, and progressing upward with a moderate and equal pressure.

The patient should maintain the recumbent posture in severe forms of the complaint.

Along with the means recommended above, the following medicines may be given with advantage: Pulsatilla, Arnica, Lachesis, Lycopodium, Nux vomica and Arsenicum.

Pulsatilla (in sol., 12—24 h.) will in most cases be found useful, especially if there be much swelling of the veins and of the whole limb, with great pain and more or less inflammation, or when the veins, and sometimes the entire limb, assume a bluish colour. Arnica (in sol., 12—24 h.), given alternately with Pulsatilla, is very efficacious in some cases.

Lachesis (dry, n.) may follow Pulsatilla when the latter has produced some relief of the pain and swelling, but the discoloration still remains.

Nux vomica (in sol., 12—24 h.), when attended with constipation, hemorrhoids and irritable temper.

Arsenicum (in sol., 12—24 h.), when with the symptoms mentioned under *Pulsatilla*, there are severe *burning* pains.

Carbo vegetabilis (in sol., 12—24 h.), for the same symptoms as the latter when that has been insufficient.

Lycopodium (dry, n.), in cases of long standing after the failure of other remedies.

Hemorrhoids or Piles.

This affection frequently occurs in women during pregnancy who are not subject to it at any other time. This is chiefly owing to the pressure of the enlarged uterus on the contents of the abdomen causing more or less torpidity of the bowels, and obstruction to the circulation.

The appropriate treatment to pursue in this troublesome complaint will be found under the heading of "Hemorrhoids" in a preceding chapter.

Pains in the Back and Side during Pregnancy.

Women often suffer very much from pains in the lower part of the back during pregnancy. Occasionally the pain is seated deep in the right side under the ribs. They are usually most troublesome from the fifth to the eighth month. The sensation experienced is that of an almost indescribable aching, or of a dull, heavy pressure, as if caused by a dead weight resting on the part affected. When in the side, it is attended with a feeling of heat.

For the pains in the back, *Kali carbonicum* will generally be found most efficacious; or, in cases in which that is insufficient, benefit will be derived from the use of *Bryonia*, *Rhus tox.*, *Belladonna*, *Pulsatilla*, *Nux vomica*, *Sepia*, *Causticum*, or *Sulphur*.

For that in the side; *Aeonite*, *Chamomilla*, *Pulsatilla*, or *Phosphorus*, will be most serviceable. (These remedies should be given in sol., 12—24 h.).

Cramps.

Cramps in the legs, abdomen, hips, or back, are common accompaniments of pregnancy, and, when present, are exceedingly painful and annoying.

The remedies best calculated to remove cramps in the legs, which are most common, are: *Colocynthis*, *Hyoscyamus*, *Calcarea carb.*, *Chamomilla*, *Graphites*, *Nux vomica*, or *Sulphur*.

Those of the back: *Ignatia*, *Rhus*, or *Opium*.

Those of the abdomen: *Nux vomica*, *Pulsatilla*, *Belladonna*, *Hyoscyamus*, or *Colocynthis*. A drop of spirit of *camphor* on a piece of sugar, every quarter or half hour, is often of great use. (The other remedies may be given in sol., 3—6 h.)

Incontinence of Urine.

Frequent desire to void the urine, or total inability to retain it, are by no means of uncommon occurrence during pregnancy, and are extremely distressing to the patient.

The following remedies will generally afford relief: *Pulsatilla*, *Belladonna*, *China*, *Silicea*, or *Stramonium* (in sol., 12—24 h.).

Depression of Spirits.

This unhappy state of mind, in which the patient imagines that she is afflicted with "all the ills that flesh is heir to," and that she will certainly never survive her approaching confinement, is often aggravated by meddlesome persons relating accounts of dreadful accidents and unfortunate terminations of labours, which in all probability never happened.

The patient may be much benefited under these circumstances by the cheerful conversation of judicious friends, exercise in the open air, proper attention to rules of diet, &c. And also by taking one or more of the following medicines.

Aconite (in sol., 6—12 h.), if depression result from fright, and fear of death is the most prominent symptom.

Aurum (dry, n.), if there be desire for death; uncontrollable inclination to weep; great anxiety and distress of mind prompting one to commit suicide; despondency; weakness of memory and intellect.

Belladonna (in sol., 6—12 h.), if there be great agitation and restlessness at night; fear of ghosts; fear and disposition to run away and hide; involuntary laughter; disposition to laugh or sing, or to fall into a passion and rave; frightful visions; indisposition for exertion, &c.

Pulsatilla (in sol., 12—24 h.), against depression, with sadness and weeping; uneasiness in the pit of the stomach; sleeplessness; she imagines herself to be oppressed with a multitude of cares; dislike to conversation; headache and heartburn.

Sulphur (dry, n.). Lowness of spirits, with great anxiety on the subject of religion; despair of eternal salvation; forgetfulness of proper names and of words when about to speak them; disposition to get angry.

Miscarriage. Abortion.

Women are liable to miscarry at any period of pregnancy; it occurs most frequently, however, about the third or the beginning of the fourth month. When it takes place before or about this period, it is not very dangerous, though repeated miscarriages, from the profuse discharge with which they are mostly accompanied, impair the constitution, and very often engender some chronic malady. Miscarriages occurring at a later period are much more serious, and frequently highly dangerous to the sufferer.

Females who have miscarried once, are exceedingly liable to its recurrence, which liability is greatly increased, if it have occurred two or three times.

The most common *causes* of miscarriage are: mechanical injuries, as a fall or blow, &c.; sudden and powerful mental emotions; the abuse of purgative drugs; great physical exertion; too free use of stimulating food and drinks; neglect to take air and exercise; late hours, &c.

The following symptoms generally precede and attend this affection: chilliness followed by more or less fever and bearing-down pains; severe pains in the abdomen; cutting pains in the loins, or pains resembling labour pains; discharge of mucus

and blood, sometimes of a red colour, at others dark and clotted, followed by the emission of a serous fluid. The miscarriage generally takes place along with this discharge, which, if not stopped by appropriate means, may continue for hours, and endanger the life of the patient.

In cases of threatened miscarriage the patient should immediately assume the horizontal posture, and retain it until the danger has passed; or, in case the miscarriage has taken place, it should still be retained for a few days to guard against a fresh discharge, which is more liable to occur in the upright posture.

Treatment.—The medicines recommended in this affection are: Arnica, Chamomilla, Sabina, Secale cornutum, Crocus, Ipecacuanha, Belladonna, Hyoscyamus, Platinum, China, Ferrum metallicum, Nux vomica and Bryonia. These remedies will be useful both in threatened abortion, and also after it has occurred, when properly selected according to the indications given below.

Arnica (in sol., 2—4 h.), when the symptoms arise from a fall, blow, violent concussion, overlifting, or great physical exertion of any kind, this medicine should be given immediately.

Chamomilla (in sol., 2—4 h.), when there are periodical pains resembling those of labour, and each pain is followed by a discharge of dark coloured or coagulated blood, or of blood and mucus mixed; also for violent pains in the bowels extending around the sides, accompanied by a sensation as if an evacuation of the bowels or bladder were about to take place; frequent yawning; coldness and shivering, with thirst.

Sabina (in sol., 2—4 h.) when the pains are of a forcing or dragging character, extending to the back and loins; the discharge profuse and consisting of bright-red blood; feeling of sinking or faintness in the abdomen; diarrhœa; frequent inclination to stool; nausea or vomiting; fever with chilliness and heat.

Secale cornutum (in sol., 2—4 h.) is valuable, after miscarriage has occurred, especially in debilitated cachectic persons, or when the discharge consists of dark liquid blood and the pains are but slight.

Crocus (in sol., 2—4 h.) is particularly serviceable in cases in which there is a discharge of dark clotted blood, which is increased by the least exertion, with a feeling of fluttering, or as if something were moving about in the region of the navel. It may be used with advantage in protracted cases, after other remedies have been administered unsuccessfully.

Ipecacuanha (in sol., 2—4 h.), against abortion attended with spasms but without loss of consciousness; profuse and continuous discharge of bright red blood, accompanied with pressure downwards, cutting pains round the navel; nausea or vomiting; disposition to faintness; chills and heat.

Belladonna (in sol., 2—4 h.) is especially useful in the commencement, and also subsequently when there are violent pains in the loins and the entire abdomen; severe bearing down as if all the intestines were about to be forced out; pain in the small of the back as if it were broken; pale or flushed face; profuse discharge of blood, neither very bright, nor dark-coloured.

Hyoscyamus (in sol., 2—4 h.), against miscarriage attended with spasms or convulsions of the whole body, with loss of consciousness; discharge of light red blood; the symptoms are mostly worse at night.

Platinum (in sol., 2—4 h.) is useful when there is discharge of dark, thick, or clotted blood; pains in the back which pass into the groins, and pressing or bearing-down internally towards the privates, which are very sensitive. It is sometimes serviceable after Ipecacuanha.

China (in sol., 3—6 h.) is particularly valuable in weak and exhausted persons; also when there is blood discharged at intervals, with bearing-down pain: or against spasmodic pains in the uterus; giddiness, drowsiness, fainting; loss of consciousness and coldness of the extremities. This remedy is most useful in restoring the energies of the patient, and removing the remaining symptoms after the discharge has ceased.

Ferrum metallicum (in sol., 3—6 h.) is useful in cases of abortion accompanied by fever, pains like those of labour, and discharge of blood.

Nux vomica and *Bryonia* (in sol., 6—12 h.) may be given with advantage in cases attended with troublesome constipation.

Menorrhagia or Flooding.

Menorrhagia, or flooding, during pregnancy, or at delivery.

Not only the common domestic remedies, but also those ordinarily prescribed by old-school physicians, do more harm than good, even when they give relief for a period; cold water, for instance, frequently induces inflammation, particularly after the birth of the child, and its application is, consequently, dangerous; rubbing with ether causes nervous affections; alum produces induration and other bad symptoms. The introduction into the vagina of pieces of linen (the tampon) is seldom of much benefit, as the bleeding will still continue internally.

When an accident of this kind occurs, the woman should lie down quietly, should move as little as possible, her mind be kept free from care, and the greatest quietness be preserved in the room and in the house. At the same time, tie handkerchiefs around the upper part of the thighs, silk are preferable; also around the upper part of the arms. A few mouthfuls of water, and if the face becomes pale, with fainting, a few drops of wine are of great service.

The smelling of vinegar, rubbing it on the nose, temples, &c., is also beneficial, only take care not to deluge the patient with it, but only take about a teaspoonful in your hand, or dip your finger into it, that the smell of the vinegar may afterwards be removed with facility. In long continued menorrhagia with females of more advanced age, when not in childbed, it is best to avoid all warm drinks for a year, and instead to drink milk five or six times a day, which has been cooled in the cellar, or is a little soured. In these menorrhagias, it is necessary, if possible, to procure a homœopathic medical man.

During pregnancy, or after delivery, tincture of cinnamon is sometimes of use; put a drop into half a teacup of water, stir it up well, and give a teaspoonful as often as the hemorrhage becomes worse; this remedy may be given when the flooding is

caused by lifting, carrying, over-reaching, or a false step. If the tincture is not at hand, a piece of cinnamon may be chewed. If this does not soon produce a salutary effect, give sugar, and when the burning sensation is passed, Arnica.

The following medicines are also valuable: Arnica, Ipecacuanha, Chamomilla, Bryonia, China, Crocus, Hyoscyamus, Belladonna, Platinum and Ferrum metallicum.

Arnica (in sol., 2—4 h.), in all cases arising from mechanical injuries, such as a fall, blow, lifting or carrying heavy weights, false steps, over-reaching, &c.

Ipecacuanha (in sol., 2—4 h.). Very copious continued flooding, particularly when occurring during pregnancy; the blood flowing regularly without interruption, with cutting pains around the navel; great pressure and bearing-down; chills and coldness of the body; feeling of heat rising into the head; great weakness and inclination to lie down. This is also a most important remedy in flooding after delivery.

Chamomilla (in sol., 2—4 h.) may be given after the latter remedy when that has produced little or no improvement, or when the flooding is accompanied by pains resembling labour pains.

Bryonia (in sol., 2—4 h.), when dark red blood is discharged in great quantities, with violent pressive pain in the small of the back, and headache, particularly in the temples, as if the head would burst, and constipation.

China (in sol., 1—3 h.) is very important in the most dangerous cases of menorrhagia; when heaviness of the head, giddiness, loss of consciousness, and drowsiness appear; for sudden weakness, fainting, coldness of the extremities, paleness of the face, convulsions of the mouth, contortions of the eyes, or when the face and hands turn blue, or single jerks pass through the whole body. While giving this remedy, the abdomen may be rubbed gently, or cloths dipped into vinegar or water be applied to it, and a few drops of wine may be given afterwards. It is also of use, when the blood escapes by starts, with spasms or pains like labour-pains in the womb, passing to the anus; the discharge increasing with every pain. Likewise

when accompanied by colic, frequent urging to make water, and sore tension of the abdomen. China is always serviceable for the debility or other troublesome symptom, which frequently remain after the flooding has ceased.

Hyoscyamus (in sol., 2—4 h.), for flooding attended by pains resembling labour pains, with drawing in the thighs and small of the back, or in the limbs; heat over the whole body, with a quick or full pulse; swelling of the veins on the back of the hand or in the face; great uneasiness; excessive liveliness; trembling over the whole body, or numbness of the limbs; loss of consciousness, darkness before the eyes; delirium; twitching in the sinews or in the muscles of the extremities; jerking in one or the other of the limbs, alternating with stiffness of the joints.

Belladonna (in sol., 2—4 h.) when the blood discharged is neither particularly dark, nor light coloured, with pressure in the privates, as if they would fall out; violent pains in the small of the back, as if it would break; pale or flushed face; dulness; heat about the head; palpitation of the heart, and thirst.

Platinum (in sol., 3—6 h.), when the discharge is dark and thick, but not clotted or coagulated; the pain in the back drawing towards the groins, with pressing down internally toward the privates, which are excessively sensitive. This remedy is particularly applicable to cases of flooding produced by any violent mental emotion.

Ferrum metallicum (in sol., 3—6 h.), when the blood is sometimes black and clotted; at others liquid, with pains like labour-pains; the face usually red. China follows Ferrum advantageously.

Smelling saffron is also beneficial in some instances.

Preparation of the Breasts.

By paying a proper attention to the breasts before confinement, mothers will in many instances save themselves much suffering after delivery from sore nipples, gathered breasts, &c.

As pregnancy progresses, the breasts gradually increase in size, in order to be fitted for their future important functions,

and especially in first pregnancy; the areolæ surrounding the nipples become of a darker hue and the nipples themselves larger and more prominent. This development is frequently accompanied with more or less pain and soreness. The most common affections to which the nipples are subject, are excoriation, cracks, inflammation, scaly eruptions, and small abscesses. The structure of the breasts is sometimes irreparably injured by ignorant nurses squeezing them in childhood, with the erroneous notion that such a process was necessary to expel some matter contained in them.

Serious injury, also, often results from pressure occasioned by wearing stays in after life.

For several weeks previous to delivery the entire breast and chest should be bathed with cold water daily, and afterwards, well dried and rubbed with coarse towels. If there be tenderness or slight excoriation, much benefit will be derived from bathing with diluted tincture of Arnica, or brandy, twice a day. When a high degree of inflammation of the nipples exists, with aching, or acute pains, shooting into the mamma, the internal administration of Aconite, or Chamomilla (in sol., 2—4 h.), will generally afford relief. In some instances Silicea or Sulphur (in sol., 6—12 h.) may be required.

The swelling, burning, itching, cracks, eruptions and small abscesses will be removed by Graphites, Lycopodium, Mercurius vivus, Hepar or Sulphur.

False Pains.

Women frequently suffer previously to the setting in of labour, with what is termed false, spurious or intestinal pains. Generally these pains precede labour but a few hours; occasionally, however, they come on some days or even weeks before delivery.

They differ from labour pains chiefly in the irregularity of their recurrence, in being unconnected with uterine contractions, and principally confined to the abdomen, which is tender to pressure and movement, and in not increasing in intensity as they return. In some instances it is exceedingly difficult to dis-

criminate between them and genuine labour pains. In such cases the period of gestation will be the chief guide; and when they come on a week or two before labour is expected, they should be checked by the administration of a suitable remedy.

The exciting causes of these pains are congestion of blood to the uterus, a chill affecting the abdomen, mental emotions, errors in diet, clothing, &c.

Treatment.—Bryonia, Nux vomica, Pulsatilla, Dulcamara, Aconite and Belladonna are the chief remedies.

Bryonia (in sol., 4—8 h.) is most suitable when the symptoms have arisen in consequence of a fit of passion, and consist of pains in the abdomen followed by dragging pains in the back and loins; constipation, and irritable temper. They are aggravated by motion.

Nux vomica (in sol., 4—8 h.), against pains in the abdomen and back, like those under Bryonia, also when there are pains as if from a bruise in the region of the pubes; constipation. The pains occur chiefly at night. Applicable to passionate persons, and especially when the exciting cause appears to be indulgence in stimulants, such as highly seasoned food, wine, coffee, &c.

Pulsatilla (in sol., 4—8 h.). Pains in the abdomen, pains in the loins as if from continued stooping, with a feeling of stiffness and painful dragging and aching in the thighs, constipation or diarrhœa; most applicable to mild tempered persons, and when arising from eating rich or fat indigestible food.

Dulcamara (in sol., 4—8 h.), when the pains originate from cold, the effects of chill or dampness, and are acute and violent in their character, and seated in the small of the back; coming on or aggravated at night.

Aconite (in sol., 3—6 h.) is most suitable for young plethoric persons; when the pains are attended by a full, strong and frequent pulse, with congestion to the head, flushed face and hot skin.

Belladonna (in sol., 3—6 h.), for symptoms similar to the last, and after or in alternation with that remedy; and also when the pains are spasmodic in their character.

Labour. Child-Birth.

To the whole of the phenomena attendant upon giving birth to a child, the term labour is applied; and when natural, the labour generally takes place at the end of the ninth month of pregnancy. The pains come on at regular intervals of longer or shorter duration, gradually increase in intensity, and the whole process is completed in from four to six hours. Frequently, however, a longer time is required, the sufferings continuing for twenty-four hours, or even a greater length of time; and in other instances again, the labour may not last over half an hour or an hour, it may indeed be terminated by two or three pains—though these latter instances are rare.

The ordinary and most correct mode of “reckoning,” to fix the time of labour, is from the last menstrual period—two hundred and eighty days, or forty weeks, from the last menstruation to labour. Other modes, which are less certain, but which may be useful in assisting to form a reckoning in cases in which there is any uncertainty about the last menstrual period, are: the commencement of morning sickness, which generally sets in about six weeks after conception, and *quickenings*, which usually takes place at four and a half months or twenty weeks from conception. Towards the latter end of pregnancy the child sinks lower down in the abdomen, and the woman becomes smaller round the waist than she had been for some weeks previously.

Labour is often preceded by agitation, nervous tremblings, disposition to shed tears, lowness of spirits, &c. Looseness of the bowels for a day or two before labour is also a common symptom and should not be interfered with. Flying pains through the abdomen, and frequent inclination to pass water, followed by a slight discharge of reddish mucus, called “a show,” usher in the regular labour pains.

Were it not for the acquired habits of civilized life, such as tight-lacing, improper diet, want of proper air and exercise, &c., we would find child-bearing to be comparatively free from the suffering and danger which now so commonly accompany it.

It is almost unattended with pain among savage tribes; and those healthy, regular women among us who pay more attention to the natural development of their frames than they do towards forming what some call "a fine figure," are seldom afflicted with the long train of ills, which custom has almost led us to consider the natural concomitants of child-bearing.

Protracted Labours.

Cases frequently occur in which labour is protracted much beyond the usual period, or is attended with a great deal of suffering; such labours are more likely to take place with women in their first confinement who are already somewhat advanced in life, and those of a slender form and highly nervous and sensitive habit.

The sufferings in these cases may be greatly alleviated by having recourse to the following medicines.

Coffea cruda (in sol., $\frac{1}{2}$ —1 h.) will generally prove serviceable when the pains are ineffectual and extremely violent, following each other in quick succession, and attended by great agitation, restlessness and tossing about.

Aconite (in sol., $\frac{1}{2}$ —1 h.), when the above remedy is insufficient, or when the patient has been in the habit of drinking coffee frequently as a beverage.

Chamomilla (in sol., $\frac{1}{2}$ —1 h.), after the above, if required, especially if there be great mental excitement; excessive sensibility to pain; anguish and discouragement.

Belladonna (in sol., $\frac{1}{2}$ —1 h.) will be of great value in tedious cases of labour arising from a rigid or unyielding state of the parts, which is most liable to occur in the first labour of elderly women; and especially so when this rigidity appears to be owing to spasms of the neck of the uterus. This remedy is also useful when the labour pains become feeble or cease entirely, after having been extremely violent for some hours.

Nux vomica (in sol., 1 h.), when the labour is protracted,

the irregularity and insufficiency of the pains, and there is constant inclination to evacuate the bladder and rectum.

Opium (in sol., $\frac{1}{2}$ —1 h.) should be given, if the pains cease suddenly, and congestion of blood to the head with redness of the face, stupor and snoring take place.

Pulsatilla (in sol., 1 h.), when the pains are feeble, and occur at long intervals, or when they diminish in strength and frequency as if from insufficient contractile power in the uterus; when the labour pains are attended by spasms of the stomach and vomiting, or with acute pain in the back and loins, and painful drawing sensation in the thighs.

Secale cornutum (in sol., 1 h.) will be beneficial in cases similar to the latter, when that remedy has not proved efficient in increasing the activity of the uterine contractions.

During the progress of labour, the use of drugs and stimulants of every kind should be carefully avoided, as they all prove more or less injurious.

Spirituuous liquors are objectionable on account of their accelerating the circulation and thereby increasing the danger of too great hemorrhage; Chamomile tea, from its tendency to produce metrorrhagia; Coffee, from its causing high nervous excitement; Opium retards delivery by its sedative property; and all drugs and ptisans are in fact more or less of a stimulating or irritative nature and therefore objectionable.

Spasmodic Pains, Cramps and Convulsions.

In complicated labours we occasionally find spasmodic pains set in, which cause considerable suffering, and often materially retard the delivery. For these affections the following remedies will be most efficient: Chamomilla, Belladonna, Hyoscyamus, Stramonium, Ignatia, Ipecacuanha and Cocculus.

Chamomilla (in sol., $\frac{1}{2}$ —1 h.), if there be very acute pains, mostly of a cutting description, extending from the region of the loins to the hypogastrium, and attended with spasmodic convulsions, redness of the face, particularly of one cheek, with great sensitiveness of the nervous system, and excitement.

Belladonna (in sol., $\frac{1}{2}$ —1 h.), when there are excessively violent bearing-down pains, attended with convulsive movements of the limbs; great agitation and constant tossing; congestion to the head, with throbbing and distension of the blood vessels; red and bloated face and profuse sweating.

Hyoscyamus (in sol., $\frac{1}{2}$ —1 h.), against severe convulsions with loss of consciousness, great anguish and cries, with oppression of the chest.

Stramonium (in sol., $\frac{1}{2}$ —1 h.), against tremblings of the limbs, and convulsions without loss of consciousness.

Ignatia (in sol., $\frac{1}{2}$ —1 h.), when there is a confused feeling in the head; spasmodic and compressive pains, with sensation of suffocation; convulsions.

Ipecacuanha (in sol., $\frac{1}{4}$ — $\frac{1}{2}$ h.). Spasmodic convulsions; paleness or bloatedness of the face; nausea or vomiting.

Cocculus (in sol., $\frac{1}{4}$ — $\frac{1}{2}$ h.), cramps or convulsions of the limbs or whole body; cramps in the lower part of the abdomen, with heat, redness and puffiness of the face.

Treatment after Delivery.

The patient should be kept perfectly quiet, both in body and mind, after delivery; everything which may have a tendency to excite her, such as noise, strong light and odors, even loud talking, should be carefully guarded against. After the lapse of an hour or two, if no untoward symptoms exist, she may be "changed" and "have her bed made." The bandage should be applied immediately after delivery and without disturbing the patient.

If the labour has been at all difficult, and the patient complains of general soreness, a few doses of Arnica (in sol., 3—4 h.) may be administered.

Much benefit will also be derived, in case there be much local pain or soreness, from the external application of a lotion prepared by mixing about twenty drops of the Tincture of Arnica in half a tumbler of water.

The nervous excitement which is apt to follow delivery, and

prevent the patient from procuring the sleep she so much needs, will generally be removed by a dose or two of *Coffea eruda* (in sol., 2—3 h.), or, should it fail and any febrile symptoms be present, *Aconite* (in sol., 2—4 h.) will usually suffice.

Flooding after Delivery.

Directions for the appropriate treatment of this affection will be found under the heading of "Flooding," page 373.

The medicines of most value are *China*, *Chamomilla*, *Crocus*, *Platinum*, *Sabina*, *Belladonna* and *Tinct. of Cinnamon*.

After-pains.

Very few females escape the suffering occasioned by these extremely annoying pains, although they are of rare occurrence with first children. Generally they become more and more severe after each successive labour; and in some women of nervous temperament who have borne several children, they are very distressing, while others may have a number of children and never experience any suffering of consequence from them.

In most instances the administration of one or more of the following remedies will greatly relieve, or remove them entirely.

Arnica (in sol., 2—4 h.), when the pains are not very violent, and are accompanied with a feeling of soreness, with pressure on the bladder and retention of urine.

Chamomilla (in sol., 2—4 h.), if *Arnica* prove insufficient, and the patient is nervous and excitable, with great restlessness, tossing about, &c.

Nux vomica (in sol. 2—4 h.), after or alternately with *Chamomilla*, will often be serviceable, especially when the pains are of an aching or of a violent colicky description, and occur in choleric persons.

Coffea eruda (in sol., 1—2 h.) is valuable, when there is nervous excitement, and the pain is exceedingly violent in its character, or when the pains are followed by convulsions, with coldness and rigidity of the body.

Pulsatilla (in sol., 4—6 h.) is indicated in persons of a mild

and gentle disposition, when the pains do not return very frequently, but are protracted and continue for several days.

Belladonna (in sol., 2—4 h.) will be useful in cases attended with much bearing-down; fulness about the head; disposition to sleep; tenderness and fulness of the abdomen.

Secale cornutum, and Cuprum (in sol., 2—4 h.), have been recommended highly for after-pains of the most violent description occurring in females who have borne many children.

Duration of Confinement.

The mother should remain in bed for the first five or six days after delivery; after that she may rise daily, and sit up awhile, at first not longer than while her bed is making, but gradually lengthening the periods.

The diet during this time should be light and farinaceous, consisting chiefly of gruel, panada, farina, toast, and black tea, or other articles of a similar kind; and everything stimulating, both food and drinks, and all strong odors from flowers or other aromatic substances should be scrupulously avoided.

The first ten days should be mostly spent in bed, or at least in a half-recumbent posture, during which time but few visitors should be admitted. After this period, if the woman feel pretty strong, she may walk about her room, but should not leave it before the expiration of the second week; and ought not to attempt to go up or down stairs until the end of the third week after confinement. Some women may be allowed to go about sooner than we have mentioned, whilst others require a longer period to recover from the effects of their *accouchement*, but the medical man will be able to judge when it is prudent to allow his patient to resume her ordinary mode of life.

Irregularities of the Lochial Discharge.

The discharges which take place after confinement are called lochia, and vary considerably in different females; sometimes they are thin and scanty, and cease in a few days, at others they continue for several weeks, and are so profuse, as almost to amount to a hemorrhage. In the majority of instances, how-

ever, they cease about the tenth day. In colour and consistence they at first resemble menstruation, but gradually grow lighter coloured, lose the redness entirely, and become successively yellowish and whitish before their final cessation.

When this discharge continues too long, or is too profuse, and also when it is checked suddenly, or suppressed from exposure to cold, errors of diet, or other cause, medical assistance is required.

The following are the remedies most generally required in deviations of this function from a natural, healthy condition.

Crocus (in sol., 8—12 h.) is indicated when the discharge is too long continued in too great quantity, and consists of dark coloured or black blood of viscid consistency.

Aconite (in sol., 6—12 h.) is also valuable in too profuse lochial discharges of a deep red colour, and will frequently be found sufficient of itself to check them in two or three days without the administration of any other remedies.

Should Aconite be insufficient, *Calcarea carbonica* (in sol., 12 h.) may follow it with advantage, especially if the discharge be attended with a sensation of itching in the uterus.

Bryonia (in sol., 8—12 h.) will be beneficial in cases of suppressed lochia, accompanied by headache; fulness and heaviness in the head, with pressure in the forehead and temples; throbbing in the head, aching in the small of the back, and scanty discharge of urine. It is also useful when the lochia are too profuse in quantity and of a deep red colour, with internal burning pains in the regions of the uterus.

Pulsatilla (in sol., 8—12 h.) will be most serviceable for sudden suppression of the lochia, from mental emotions, exposure to dampness, or any accidental cause, particularly if it be followed by febrile excitement either with or without thirst; headache confined to one side; coldness of the feet; frequent desire to pass water. The symptoms are generally worse towards evening and better in the morning. This remedy is also useful when the discharge is too scanty without being entirely suppressed.

Dulcamara (in sol., 8—12 h.) will be useful in cases of sup-

pression, occasioned by exposure to cold or dampness, and may either precede or follow *Pulsatilla* advantageously.

Opium and also *Aconite* (in sol., 6—8 h.) have been recommended for suppression arising from fright and attended by congestion to the head.

Platinum (in sol., 8—12 h.) for suppression consequent upon some mental emotion, and accompanied by dryness and oversensitiveness of the sexual organs.

Belladonna (in sol., 8—12 h.), followed if required by *Carbo animalis*, will be serviceable when the discharge continues too long and becomes thin, fetid and offensive, producing excoriation of the parts.

Secale cornutum (in sol., 8—12 h.) has also been recommended under the same circumstances.

Milk Fever.

Usually about 12 or 24 hours after delivery, milk makes its appearance; it may, however, be present at the time of, or even previous to delivery, or it may not appear until a later period than the third day. The coming of this secretion is frequently attended by so much suffering as to require medical attention. The following medicines will be found useful, when administered according to the indications mentioned under each.

Arnica (in sol., 8—12 h.) given internally and the diluted tincture applied to the breast in the form of a lotion once or twice a day, will be beneficial when there is much distension, with soreness or hardness.

Aconite (in sol., 4—6 h.), if there be much fever, with hot, dry skin; redness of the face; breasts hard and knotted; restlessness, anxiety, and discouragement.

Bryonia (in sol., 4—6 h.), after the latter, when the symptoms have been but partly removed by that remedy, and especially if there be oppression of the chest, violent pain in the head, and constipation.

Belladonna (in sol., 4—6 h.) may be given after or in alterna-

tion with Bryonia, when the latter has not been sufficient to remove the symptoms entirely.

Chamomilla (in sol., 4—6 h.) will have the preference when there is much nervous excitement, with restlessness; tenderness of the breasts, and inflamed nipples.

Pulsatilla (in sol., 4—6 h.), in severe cases, when there is great distension of the breasts, with soreness and rheumatic pains extending to the muscles of the chest, shoulders, axillæ, &c. A timely administration of this remedy will in many instances prevent a threatened attack of child-bed fever.

Rhus toxicod. (in sol., 4—6 h.), in cases similar to the latter, with rheumatic pains throughout the system; swelling, heat, and hardness of the breasts; headache; stiffness of the joints, and general constitutional disturbance.

A common and good local application to the breasts is to bathe them with hot lard, and afterwards cover them with raw cotton.

Suppressed Secretion of Milk.

When from sudden and powerful mental emotions, exposure to cold or dampness, or any cause whatever, the lacteal secretion has been suddenly checked and is followed by some internal or local congestion, determination of blood to the head, and the usual train of symptoms which constitute puerperal fever, the immediate administration of Pulsatilla (in sol., 4—12 h.) will frequently be found sufficient to check the disease at the outset, restore the flow of milk, and re-establish the equilibrium of the organism. If any unpleasant symptoms still remain, they will in most cases yield to the administration of *Calcarea carbonica*, or *Zincum*.

If active feverish symptoms should make their appearance, such as dry, hot skin, quick, hard pulse, &c., Aconite (in sol., 2—4 h.) should be given, until some amelioration of the symptoms takes place. When along with the above symptoms there is great restlessness and nervous excitement, benefit will be derived from giving Aconite and *Coffea cruda* alternately.

In some cases, especially when serious metastases follow the suppression, Bryonia, Belladonna, Rhus toxicod., Arsenicum, or Sulphur, may be called for.

Excessive Secretion of Milk.

It sometimes happens that the secretion of milk is too abundant, causing painful distension of the breasts, and involuntary emission of milk, productive of emaciation and debility, and sometimes developing latent tubercles. In cases of this description, Calcarea carbonica (in sol., 12—24 h.) will generally give relief, or, if it should fail, Phosphorus (in sol., 12—24 h.).

Aconite (in sol., 6—12 h.) must be administered, if high, febrile excitement of the whole system arise without apparent cause.

Rhus tox. (in sol., 6—12 h.) when the febrile symptoms are caused by distension of the breasts, induced by excessive secretion.

Involuntary Emission of Milk.

Occasionally females are very much annoyed for some time after confinement by the constant escape of the milk, which keeps them continually wet, and very liable to take cold on the slightest exposure.

Unless it be owing to some organic defect of the nipple, the following remedies will generally relieve it.

China (in sol., 12—24 h.), when it is caused by debility from loss of fluids.

Rhus toxicod. (in sol., 6—12 h.), if from over-distension in consequence of excessive secretion of milk.

Calcarea carb., or Pulsatilla (in sol., 6—12 h.) may also be useful in some instances.

Diarrhœa during Confinement.

Diarrhœa in lying-in women is a state to be looked on as highly injurious, and means should be taken to remove it as speedily as possible. The medicines which are generally best

adapted to this purpose are, Phosphoric acid, Dulcamara, Antimonium crudum, Hyoseyamus, and Rheum.

Dulcamara (in sol., 3—6 h.) will generally be sufficient, when the diarrhœa has been caused by a check of perspiration, produced by chill from exposure to cold or dampness.

Hyoseyamus (in sol., 3—6 h.), when the evacuations are painless or involuntary.

Antimonium crudum and Rheum (in sol., 3—6 h.), against thin and watery or offensive evacuations.

Phosphoric acid (in sol., 6—12 h.), in obstinate, protracted cases, when the discharge is watery, or painless, and almost involuntary.

See also the article "Diarrhœa," in a preceding chapter, for other remedies which may be required.

Constipation.

It is natural for the bowels to remain torpid for a few days after delivery, and nothing should be given to disturb this state, as it is at all times a good symptom, and serves to promote the strength of the patient. Purgative medicines should in no case be given during confinement, as they can do no good whatever, and are often highly injurious to the patient. If, after the lapse of five or six days, the patient complains of fulness of the head or pain in the bowels, a dose or two of Bryonia (in sol., 6—12 h.) will generally bring about an evacuation and afford relief. Should this be insufficient, Nux vomica, Sulphur, or some other of the remedies recommended under "Constipation" may be given. If after waiting a day or two, no evacuation takes place, give an injection of lukewarm water.

Retention of Urine.

Sometimes after delivery, particularly with first children and in difficult labours, there is retention or painful emission of urine. The administration of one of the following remedies will generally afford relief: Arnica, Pulsatilla, Belladonna, or Nux vomica (in

sol., 2—4 h.). Sitting over a pan which contains warm water, will often have the desired effect.

Sore Nipples.

The chief difficulty in the way of healing sore nipples arises from their being constantly torn open afresh by the efforts of the child in sucking.

In the majority of cases, if proper attention is paid to the preparation of the breasts previous to confinement by bathing them with cold water, or a weak solution of Tinct. of Arnica, as recommended under the heading of "Preparation of the Breasts," this soreness may be prevented.

When, however, there is a tendency to tenderness and excoriation, the internal administration of Arnica (in sol., 12 h.), and bathing the nipples with a solution consisting of about ten drops of the Tincture of Arnica to half a tumbler of water, several times daily, will mostly remove it. Should this be insufficient, it will be necessary to resort to Sulphur, Calcarea carbonica, or some other remedies calculated to correct the constitutional taint to which this disease generally owes its origin.

Sulphur (in sol., 12 h.) when the nipples are sore and chapped, with deep fissures around the base, which bleed and burn like fire.

Graphites (in sol., 12 h.), for burning, aching chaps and tenderness of the nipples.

Calcarea (in sol., 12 h.), in cases similar to Sulphur, when the latter fails to relieve.

Nux vomica (in sol., 12 h.), for soreness of the nipples with painful excoriation of the adjacent parts.

In obstinate cases, Lycopodium, Mercurius vivus, Sepia, and Silicea will be found valuable.

Gathered Breasts.

Inflammation and suppuration of the breasts are liable to occur during the whole period of lactation, and may arise from numerous exciting causes, such as cold, passion, fright, bruise, &c.

Putting the child too late to the breast, or the sudden stoppage of suckling—from the death of the child or other reasons—frequently occasions distension of the breast, followed by inflammation and formation of abscesses.

The most effectual means of preventing suppuration is to keep the breasts well drawn; if the child is unable to do this, nipple-glasses, a common tobacco pipe, or still better the lips of a nurse, or other adult person should be made use of.

The most valuable medicines in this complaint are, Bryonia, Belladonna, Mercurius vivus, Hepar, Phosphorus, and Sulphur.

Bryonia (in sol., 6—8 h.) is the principal remedy in the commencement, especially when the breasts become swollen, hard, and feel heavy, with shooting pains, dry skin, thirst, and other febrile symptoms.

Belladonna (in sol., 6—8 h.), after or alternately with Bryonia, when there is much swelling and hardness of the breasts; shooting and tearing pains, and redness, sometimes of an erysipelatous appearance of the skin. These two remedies will generally be sufficient to effect a cure; if, however, some degree of hardness still remain, Mercurius vivus should be given, and repeated a few times, at intervals of ten or twelve hours.

Hepar (in sol., 6—12 h.) will be indicated when suppuration has already commenced, which may be known by the appearance of throbbings, frequently preceded by a chill.

Phosphorus (in sol., 6—12 h.), when there is profuse discharge of matter, after or in alternation with Hepar.

Silicea (in sol., 12—24 h.), in cases in which the discharge becomes fetid, thin, and watery, and comes from several fistulous openings, which are not disposed to heal.

Sulphur (in sol., 12—24 h.), in inveterate cases, when there is profuse discharge of matter, with emaciation, hectic fever, &c.

Falling off of the Hair.

Some females, while nursing, suffer from a falling off of the hair of the head. This evil generally arises from some delicacy of constitution.

The following remedies will generally correct this tendency: Sulphur, Sepia, Lycopodium, or Calcareo (dry). They may be repeated once or twice a week, beginning with Sulphur.

The importance of Mothers Suckling their Children.

Conquest's remarks on this subject we deem very appropriate. He says :

"Unless very peculiarly urgent reasons prohibit, a mother should support her infant upon the milk she herself secretes. It is the dictate of nature, of common sense, and of reason. Were it otherwise, it is not probable that so abundant a supply of suitable food would be provided to meet the wants of an infant, when it enters upon a new course of existence.

"It is difficult to estimate the mischief resulting from infants being deprived of their natural nourishment; for, however near the resemblance may be between food artificially prepared and breast milk, still, reason and observation demonstrate the superiority of the latter to the former."

And again :—

"As a further inducement, it should be remembered that medical men concur in the opinion, that very rarely does a constitution suffer from secreting milk; whilst the health of many women is most materially improved by the performance of the duties of nurse."

Upon the same subject he says in another place :—

"But few mothers, comparatively, are to be found, who, if willing, would not be able to support their infants, at least, for a few months, and parental affection and occasional self-denial would be abundantly recompensed by blooming and vigorous children.

Presuming that the laudable determination is formed to indulge the child with that nutriment which is designed for its support, it becomes necessary to state that unless very strong objections should exist, *twelve hours* should never elapse before the infant has been put to the breast. Instinct directs it what

to do, and the advantages of allowing it to suck soon after birth, are many and important, both to the mother and child.

“By this commendable practice, the patient is generally preserved from fever, from inflamed and broken breasts, and from the distressing and alarming consequences resulting from these complaints.

“If the breasts should not have secreted milk previous to delivery, the act of suckling will encourage and expedite the secretion. Thus the mother will be saved from much of the pain connected with distended breasts. Besides which, if the infant be not put to the nipple till the breast become full and tense, the nipple itself will sometimes almost disappear, on account of its being stretched; and without much, and often ineffectual labour on the part of the child, it cannot be laid hold of, and even then the pain endured by the mother is exquisitely severe, and not unfrequently the cause of sore nipples.”

There are, however, times when reasons peculiarly urgent may prevent the mother from suckling her offspring.—We subjoin a few remarks which may guide the selection of a nurse in such instances.

Choice of a Nurse.

The woman who is to assume the responsible care of the infant, should be of about the same age as the mother, and delivered about the same time, or at least within three months of the same period.

Let her possess a moderate degree of fulness, with a fresh complexion, clear eyes, and eyelids free from any appearance of redness and swelling. Discover, if possible, if she is free from hereditary taint. Her disposition should be mild, temper even and not irritable, and habits regular; to which qualities, of course, add a fondness for children.

Having engaged her, enforce upon her mind by all means, that she must not indulge in food of too nourishing a nature, as it causes the milk to become too rich, and is consequently unsuited to the delicate digestive powers of the infant.

She should observe a proper proportion of animal and vegetable food, and be guided by the Homœopathic Regimen which is found in the beginning of this work.

CHAPTER XII.

TREATMENT OF CHILDREN.

Reception at Birth.

WHEN the child is born before the arrival of the surgeon, it should be removed a little out of the discharges, so as to enable it to breathe freely; and if the cord be coiled around the neck, limbs, or any part of the body, it should be immediately disengaged, in order that the circulation between the mother and child may not be obstructed before respiration is fully established in the latter. The mouth and nostrils should also be cleansed from mucus; the readiest method of doing this is with a piece of fine linen or muslin wrapped round the finger. If after these things are attended to the child begins to cry strongly, and the skin changes from a dull or leaden hue to a pink or rose colour, there is no further cause for alarm, as both mother and child may remain in this condition without danger.

As soon as the respiration of the child is fully established, and the pulsations in the cord have ceased, the child may be removed from the mother, provided there be any person at hand willing to undertake it.

The cord should be tied in two places, the first ligature at about an inch and a half from the abdomen of the child, the second three-fourths of an inch from the first, and the cord cut between the two, using for this purpose a pair of scissors. The best ligature is one made of sewing thread, by twisting several threads together; a piece of narrow tape, however, or round bobbin sufficiently strong will answer. It should be passed but

once around the cord, tied firmly in a hard knot, and the ends cut off.

The child may then be taken up by placing one hand under the head and shoulders, and taking hold of the feet with the other, and wrapped in a blanket or sheet moderately warmed and prepared for this purpose.

Apparent Death.

In case the new-born infant does not breathe in a few minutes after delivery, and is apparently dead, means should be immediately taken to resuscitate it. The body and limbs should be wrapped in warm clothes—flannel is preferable—and the hands and the chest gently rubbed with a piece of flannel. If after the lapse of a short time, pulsation can be felt in the cord, and the beating of the child's heart become perceptible, respiration will soon be fully established, and nothing more need be done. But if, after continuing these efforts for five or ten minutes, no pulsation can be felt, the cord should be cut, and the child immersed in a warm bath, being careful to keep the face out of the water. In this bath rub and squeeze the chest and limbs gently. If no signs of animation are manifested after five or ten minutes, dissolve about as much crude tartar emetic as will lie on the point of a penknife, in half a tumbler of water, and after stirring it well, apply a drop of the mixture to the tongue of the child, with the point of the finger. If no change occurs in fifteen minutes, repeat the experiment again. While this is doing, cold water or spirits may be applied to its breast, either with the palm of the hand, or by letting a small stream from the spout of a tea-pot fall upon it from a height of two or three feet. Much benefit will also frequently be derived from placing the mouth over the child's mouth, and blowing gently so as to inflate the lungs, closing the child's nostrils at the same time between the thumb and finger to prevent the air from passing out through the nose. Care should be taken not to force too much air into the child's lungs at once, lest they be injured. After the lungs are filled, the chest should be compressed gently with the hands, or by

drawing upon the ends of a napkin which has been previously wrapped round it, to expel the air. These efforts should be repeated several times, allowing a few moments to elapse between each.

Infants have sometimes been restored after labouring with them for two or three hours; we should not, therefore, give up our efforts at restoration too soon, as they may ultimately be successful.

The method of restoring suspended animation, in all cases of asphyxia, recommended by Dr. Marshall Hall, seems likely to supersede all other methods and should be tried first. It consists simply in avoiding the application of heat, and in rolling the inanimate body slowly from its face, on to its side and back again.

Washing the Child.

This should be done immediately after birth, using for the purpose luke-warm water, a flannel wash-rag, and but a small portion of fine (white) soap. The white unctuous substance, which to a greater or less extent covers the body of every newly-born child, and which adheres with great tenacity, is best removed by rubbing the parts covered with it, previous to washing, freely with hog's lard until the two substances become thoroughly incorporated. After the child has been well washed, it should be wiped perfectly dry with a fine napkin.

The practice of bathing children with spirits is highly reprehensible, and should in all cases be prohibited. Intemperance, and blunted moral sensibilities in after life, have their foundations frequently laid in infancy by the improper use of alcoholic liquors.

The child should be bathed at least once a day; at first with luke-warm water, gradually lowering the temperature, and after a few weeks using cold water.

Dressing the Navel.

The proper method of dressing the navel is to fold a piece of soft linen or muslin into four or six thicknesses, making it six or eight inches long and three or four wide. A hole is to be made through the centre of this, and the cord passed through.

The cord should then be tightly wrapped with repeated turns of a narrow strip of linen or muslin, and laid up toward the breast of the child, and the lower end of the linen or muslin folded over it, and the whole secured by the belly band, which should always be made of a strip of fine flannel. The navel usually comes off from the fifth to the eighth day.

The Meconium.

The first evacuation from the infant's bowels consists of a dark bottle-green coloured substance, called meconium. Generally, the bowels are moved a few hours after birth, and require no artificial aid; the milk of the mother exciting a mechanical action of the alimentary canal, assists in effecting this object. In case, however, the discharge should be too long delayed, and the child become uneasy and restless, a few teaspoonsful of warm sugar and water may be given to it, which will generally have the effect desired. Should this not be sufficient, and the child's bowels are not moved as freely or as frequently as they ought to be during the first few days, a dose or two of *Nux vomica*, *Bryonia*, or *Sulphur* (dry) may be administered to both mother and child. Laxative medicines should never be given to infants for the purpose of purging off the meconium, as to this too common practice of nurses, many chronic diseases of after-life are to be attributed.

Swelling and Elongation of the Head.

It is common for the head of the infant to be swollen and elongated immediately after birth, especially when the labour has been difficult and protracted, and occasionally a tumour appears on the back or top of the head. This will generally disappear of itself in a few days. In case the swelling should be extensive, repeated washings with cold water, or a weak solution of *Tinct. of Arnica*—three or four drops to half a tumbler of water—will hasten its removal.

Putting the Child to the Breast.

The child should be put to the breast in five or six hours after delivery, if the mother be able to bear the fatigue. This should be done even if the mother have no milk, as the child

will be taught to suck, and the secretion of milk hastened by it. There will also be less liability to sore nipples, distended breasts, and milk fever.

If the coming of the milk should be delayed for a day or two, the child should be nourished meanwhile with fresh cow's milk, diluted with an equal quantity of warm water, and sweetened with loaf sugar. The milk should always be obtained from the same cow if possible. Young infants should never have gruel, pap, panada, or cooked food of any kind.

Always before applying the child the nipple should be moistened with milk and water, sweetened water, or saliva. Infants will be benefited by giving them a few teaspoonfuls of cold water every day. See also "Suckling of the Infant" in the preceding chapter.

Inflammation of the Eyes.

Quite young infants are liable to inflammation of the eyes and eye-lids. In most instances the lids only are affected at first, but the eye-balls soon become involved if the disease is neglected in the commencement. The most common cause of this affection are exposure of the eyes to too strong a light, or from taking cold by exposing the child to a draft of air, &c.

The following remedies will generally remove this disorder.

Aconite (dry, 6—12 h.) should be given first, especially if the inflammation arises from exposure of the eyes to too much light; and the entire eye becomes red, and runs a good deal.

Belladonna (dry, 6—12 h.) after or alternately with Aconite, when the whites of the eyes are very red; with bleeding from the eyelids; intolerance of light, &c.

Ignatia (dry, 6—12 h.) in cases similar to Aconite, after that remedy has been given without much benefit.

Chamomilla (dry, 6—12 h.), when the eyelids are swollen, bleed, and are glued together in the morning with a yellowish secretion.

Mercurius vivus (dry, 6—12 h.) is one of the most important remedies in this affection, when there is redness of the eyes and

eye-lids; small yellowish ulcers along the margins of the lids; with discharge of yellowish matter, &c.

Pulsatilla (dry, 6—12 h.), when there is profuse discharge of purulent matter from the eyes, with redness of the whole eye and interior of the lids.

Calcarea carb. and Rhus tox. (dry, 12 h.) are useful in cases occurring in scrofulous children, and when the lids are chiefly affected.

Euphrasia (dry, 6—12 h.) is also valuable in many cases of this complaint, especially when there is accumulation of matter in the eyes, and intolerance of light.

In that violent inflammation of the eyes of new-born infants that commences about the third day after birth, and is attended with excessive swelling of the lids and conjunctiva and great purulent discharge, a cure will be most speedily effected by giving *Argentum nitricum* (dry, 6—12 h.), and dropping into the eyes once a day a weak solution of nitrate of silver.

Obstruction of the Nose. “Sniffles.”

The nostrils of infants often become obstructed from a species of catarrh, which prevents them from breathing while suckling.

Nux vomica (dry), given at night, will mostly afford relief; if, however, the complaint still continues in the morning, give *Sambucus* (dry, 6—12 h.).

Chamomilla (dry, 6—12 h.) if the obstruction is attended with much running of water from the nose.

Calcarea (dry, 12 h.), when *Chamomilla* has been given without success, and the running still continues.

Carbo vegetabilis (dry, 12 h.), when the complaint is worse every evening; *Dulcamara* (dry, 12 h.), when worse in the open air.

Mercurius (dry, 12 h.), when there is much sneezing and a thickish discharge from the nose.

Tartarus emetic. (dry, 12 h.), if there be rattling of mucus in the chest which is worse at night, along with the running from the nose.

Sore Mouth. Thrush. Aphthæ.

This disease commonly makes its appearance about the second or third week after birth, and commences by the formation of small, round, white vesicles, which are at first isolated and scattered over the tongue and interior of the mouth, which if not soon checked run together, forming patches, and sometimes become ulcerated and cover the whole of the mucous membrane of the mouth, and in severe cases extend to the throat. This affection, though not dangerous, is often painful to the child, and prevents its suckling. It may also be communicated to the mother, and causes soreness and excoriation of the nipples, &c.

The disorder is frequently owing to some constitutional taint, and consequently we often find it attacking every child in some families, while other families always escape it. It is most generally, however, produced by want of a proper attention to cleanliness. The use of improper food also gives rise to it; and hence children raised either partially or wholly by hand, are more liable to this affection than those who are nourished exclusively by the mother's milk.

In the treatment of aphthæ, *Mercurius vivus*, Sulphur, and in some cases *Arsenicum*, will be required. The mouth should be well washed several times a day with cold water.

Mercurius vivus (dry, 12 h.) should be given when the disease first makes its appearance, and also in cases when there is much salivation, and the thrush shows a tendency to ulceration.

Sulphur (dry, 12 h.) should follow *Mercurius vivus* when the latter fails to effect a cure after having been continued for a few days.

Arsenicum (dry, 12 h.) will be indicated in bad cases, the two preceding remedies having failed to check the disease, and the aphthæ assume a livid, or bluish appearance, attended with great weakness and diarrhœa.

Bryonia and *Nux vomica* (dry, 12 h.) may also be useful in some cases.

A common remedy in old-school practice, and one which is homœopathic too in many cases of the disease, consists of

powdered Borax and loaf sugar mixed in equal parts and applied to the mouth of the child, three or four times a day. Or a few grains of the Borax may be dissolved in a teacupful of water, and the mouth of the child washed with the solution two or three times a day. This remedy should not, however, be continued too long, lest it prove injurious by aggravating the disease.

Jaundice.

This disease occasionally occurs in infants, and may be known by the yellowness of the whites of the eyes and urine in the commencement, and afterward of the skin of the whole body. The bowels are sometimes costive, and at others loose, and the stools are generally light or clay-coloured. The disease may arise from exposure to cold, or from the injurious practice of administering aperient medicines immediately after birth.

Chamomilla, Mercurius vivus, China, and Nux vomica, are the chief remedies in this complaint.

Chamomilla (dry, 12 h.) may be given first, and in many cases will be of itself sufficient to effect a cure.

Mercurius vivus (dry, 12 h.) may follow Chamomilla when the symptoms have only been partially removed by the latter, or when that remedy has failed to afford any relief.

China (dry, 12 h.), when there are any symptoms remaining after the use of the foregoing remedies.

Nux vomica (dry, 12 h.), if the complaint be accompanied by costiveness of the bowels, and the child is extremely irritable.

After continuing one remedy for four or five days, if there be but little or no improvement, another must be substituted.

Excoriation.

The best preventative of this complaint is cleanliness; when it becomes bad, however, the following medicines will be found useful to assist in its removal.

Chamomilla (dry, 12 h.) will, in most cases, be sufficient for the removal of this affection, when it has not been produced by the use of chamomile-tea, taken either by the mother or child,

in which case Pulsatilla, Carbo vegetabilis, or Ignatia, should be given.

Mercurius vivus (dry, 12 h.), when the excoriation is extensive, and there is yellowness of the skin, which Chamomilla has failed to remove.

Sulphur, and Carbo vegetabilis (dry, h.), in obstinate cases, which the foregoing remedies have failed to cure, will frequently be found efficacious.

Sepia, Lycopodium, and Silicea, are also worthy of attention.

Bathing frequently with cold water, or with a weak lotion of Tincture of Arnica, will often remove this affection in its commencement.

The Gum.

The term "gum" or "red gum" is given to an eruption of red pimples, which makes its appearance in early infancy, and chiefly occupies the face, neck, and arms; it may, however, extend to the whole body.

The disorder is frequently the result of inattention to cleanliness, keeping the child too warm, and giving it herb teas.

Children that are properly bathed and clothed, are seldom much troubled with this eruption.

A few doses of Rhus tox., or Sulphur (dry 12 h.), will generally be sufficient for the removal of this affection, when it makes its appearance.

Aconite (dry, 6—12 h.) may be required if the eruption should be extensive, and accompanied by more or less irritative fever.

Retention of Urine.

This complaint often occurs in young infants, and requires immediate attention. It will generally be removed by Aconite (in sol., 3—4 h.). Should this fail, Pulsatilla, given in the same way, will generally suffice. Consult also, in obstinate cases, the same article in Chapter X.

Constipation.

Constipation in children is frequently produced by an improper mode of living, either on the part of the nurse or child; and

when it arises from want of exercise, too much animal food, &c., on the part of the nurse, it may be removed by proper attention to these points. As a general rule, there should be an evacuation from the bowels at least once a day in quite young children; and if delayed longer than this, one of the following medicines should be given, Bryonia, Nux vomica, or Opium (dry, 12—24 h.), and will generally produce a change.

Sometimes, when the cause appears to be in mother or nurse, it will be necessary to give the medicine to them as well as to the infant.

In obstinate cases, injections of warm water may be administered with benefit; or a small piece of soap cut to the thickness of a quill and about half an inch in length, may be introduced up the anus, and this will generally cause a speedy action of the bowels.

Diarrhœa.

Healthy infants, while suckling, usually have from three to six evacuations from the bowels in the twenty-four hours; and only when the discharges become more frequent than this, and are changed in character, becoming green and watery, or yellow, or brown, or white and frothy or watery, or mixed with mucus or blood, and the child gives evidence of suffering, does it become necessary to interfere by administering medicines.

The medicines most useful in the diarrhœas of infants are: Ipecacuanha, Rheum, Chamomilla and Belladonna.

Ipecacuanha (dry, 3—6 h.) will be indicated, when the diarrhœa has been caused by overloading the stomach; and especially if accompanied by nausea and vomiting; paleness of the face; frequent crying; the stools of a bilious, slimy, or greenish yellow colour; sometimes blackish, or streaked with blood, and of a putrid odour.

Rheum (dry, 3—6 h.), when the diarrhœa has arisen from acidity, and is attended by flatulent distention of the abdomen; colic; crying and straining both before and after the evacuations, which are frothy, slimy, and watery, and smell sour; a sour

smell is also emitted from the body of the child, even when the strictest attention is given to cleanliness.

Chamomilla (dry, 3—6 h.), in diarrhœas of a bilious, watery, frothy, or slimy character, and of a whitish, greenish or yellowish colour, sometimes having the appearance of beaten up eggs, and of an offensive odour, like that of rotten eggs. The diarrhœa is frequently attended by colic, with fretfulness, crying, restlessness and drawing up of the legs toward the abdomen; and redness of the face or of one cheek.

China (dry, 3—6 h.) in watery, painless diarrhœa with much wind in the bowels, and undigested appearance of the milk in the motions.

Belladonna (dry, 3—6 h.) is frequently indicated in the commencement, when the child is disposed to sleep a good deal, but is restless, and starts up suddenly; the evacuations greenish, small and frequent.

Aconite (dry, 3—6 h.) will be required in diarrhœas attended with much fever. Opium or Aconite when produced by fright.

In case the diarrhœa should prove obstinate or be accompanied by emaciation, the advice of a homœopathic practitioner should be sought.

Colic.

Colic is a common affection in young infants. It may be caused by errors of diet on the part of the mother, or by feeding the child with food not suited to its digestive organs. As before remarked, young infants should be exclusively nourished from the breast, if it be possible; and any departure from this is very likely to be followed by more or less suffering. Exposure to cold, or any cause liable to affect either mother or child injuriously, may induce colic. The attacks are sometimes extremely violent and frequent, so much so as almost to wear out both mother and child; when this is the case, there is generally some constitutional predisposition. It is also frequently attended by diarrhœa.

Treatment.—The following medicines are the most serviceable in attacks of infantile colic:

Chamomilla, Ipecacuanha, China, Pulsatilla and Nux vomica.

Chamomilla (dry, $\frac{1}{2}$ —1 h.) will be sufficient in most cases, especially if the pain be attended by distention of the abdomen, crying, writhing and twisting, drawing up the legs towards the abdomen, and coldness of the feet.

Ipecacuanha (dry, $\frac{1}{2}$ —1 h.) when the colic is attended by sickness and diarrhoea, the stools fermenting and of a putrid odour.

China (dry, $\frac{1}{2}$ —1 h.) against colic with distension and hardness of the abdomen; the attacks are more liable to come on towards evening; screaming followed by laughing.

Nux vomica (dry, $\frac{1}{2}$ —1 h.), when the attacks of colic are attended by costiveness.

Pulsatilla (dry, $\frac{1}{2}$ —1 h.), in flatulent colic, with rumbling of wind in the abdomen; shivering and paleness of the face, and tenderness of the abdomen.

Swelling of the Breasts.

The breasts of infants are sometimes swollen at birth, or some time after: this is frequently caused or aggravated by the highly reprehensible practice, of nurses and others, of squeezing the breast with the mistaken notion that there is milk, or some matter in them, which should be pressed out. Mothers cannot be too careful in guarding their nurses against this practice, as in some instances extensive suppuration has been produced by it, resulting in disorganization of the breasts, and in females, destroying their usefulness for ever.

When the breasts are found to be swollen, a linen rag wetted with sweet oil should be applied to them, and in the majority of instances the swelling will disappear in a few days, and nothing else be required. If, however, the swelling should become extensive, and be accompanied by redness and inflammation of the breasts, a dose or two of Chamomilla (dry, 6—12 h.), followed by Belladonna, may be required. It may also be necessary to apply a bread and milk poultice in severe cases. When the inflammation and soreness arises from squeezing and

pressing the breasts and nipples, Arnica (dry, 12 h.) should be given. If suppuration have taken place, a few doses of Hepar (dry, 12—h.) should be given, and followed in two or three days by Silicea (dry).

Crying of Infants.

The occasional crying of infants should not be a cause for alarm, as this is the language, by which their wants are made known. And hence they cry when they are hungry, need changing, or have lain too long in one position, &c. Only in cases where the crying is excessive, and the usual means of pacifying them fail, we may suppose they are suffering from pain, and should immediately endeavour to ascertain the cause, which will frequently be found to be some mechanical irritation, such as derangement of the infant's dress, or a pin sticking into the flesh, &c.

When, however, the child continues to cry for a long time without any *apparent* cause,—

Belladonna (dry) will frequently prove serviceable, and also when it starts suddenly out of sleep and begins to cry violently.

Aconite or Coffea, if Belladonna should fail, will often be successful, especially when the crying is accompanied by uneasiness and heat.

Chamomilla (dry, 3—6 h.) will also frequently be useful, and especially if there be reason to think the crying is caused by earache or headache.

Restlessness and Wakefulness.

Restlessness and inability to sleep are generally produced by giving the child injurious food, or overloading its stomach, or by the mother's drinking coffee, wine, &c., or making use of some improper article of diet.

Coffea (dry) will often be sufficient to remove the restlessness, when there appears to be much nervous excitement, with hot skin, &c.

Opium (dry) when Coffea is insufficient, and there is redness of the face.

Chamomilla (dry, 3—6 h.), if the restlessness be attended by flatulency and griping, with starts and jerkings of the limbs, or feverishness with redness of one cheek.

Belladonna (dry), when the child appears to be drowsy but cannot sleep, or falls asleep for a few moments and starts up suddenly and cries.

Pulsatilla or Ipecacuanha (dry), when the restlessness arises from over-loading the stomach.

Nux vomica (dry), if it be caused by either mother or child taking wine, or other stimulants.

Hiccough.

Hiccough, when long continued, sometimes gives rise to a good deal of uneasiness, especially to young mothers; it is generally caused by exposure of some part, or of the entire body, to the action of the atmosphere, even in a warm room, or while dressing or undressing the child. Wrapping the infant up warmly, or giving it the breast, will generally cause it to cease. Should it however continue, the administration of a teaspoonful of water, sweetened with white sugar, may be given; and in case this should fail, a dose of Nux vomica (dry).

Scurf on the Head.

Children are sometimes troubled with a dark or dirty looking unsightly incrustation, which generally makes its appearance on the top of the head, partially covering the scalp. On removing any part of this crust, the skin will be found red and inflamed.

It frequently emits quite an offensive smell, and is always annoying to the child by the irritation and itching it occasions. Removing it forcibly with a fine tooth comb will not cure it, but be more likely to aggravate it; for so long as the diseased state of the scalp remains, it will be reproduced.

It is generally caused by keeping the children too warm, or by inattention to cleanliness, and is seldom found in children

whose heads are regularly washed every morning, and after being properly dried, brushed with a soft hairbrush.

Sulphur (dry), administered night and morning for several days, will generally correct any tendency that may exist toward this formation.

The crust may be removed by anointing it well with lard at night, and washing it off next morning with a weak solution of soda. This application may have to be several times repeated.

Fits or Convulsions.

In infancy and early childhood there is always a great predisposition to this serious affection.

This is owing to the preponderance of the cerebral and nervous systems over the other parts of the body, and the consequent increased susceptibility of the system generally to the action of injurious influences of all kinds during this period. Hereditary predisposition and living in badly ventilated portions of large and crowded cities may also be mentioned as predisposing causes of this malady. Among the principal exciting causes, dentition, repelled eruptions, the fever attending eruptive diseases, irritating substances in the stomach, worms in the intestines, mechanical injuries, such as a fall or blows, particularly upon the head, fright, &c., may be enumerated.

When a child is attacked with convulsions, and no physician is at hand, the lower extremities up to the knees, may be immersed in water, as hot as it can be borne, for the space of five or ten minutes, or until the paroxysm appears partially subdued; after which the child should be wiped perfectly dry, and placed in a warm wrapper; if the first immersion be followed by no relief, or a second attack speedily follows, it should be repeated, at the same time a small stream of cold water should be poured upon the head of the child from a height of two or three feet; this course several times repeated has often been found to restore children.

When some irritating substance in the stomach or intestines, or costiveness of the bowels, is the probable cause, an injection of warm

water, or molasses and water, should be given as soon as possible. In the absence of the proper homœopathic medicines, relief may sometimes be obtained by smelling camphor, or by placing a drop or two of the diluted tincture on the tongue. The chief reliance, however, for the cure of the disease is in the administration of one or more of the following medicines, carefully selected, according to the symptoms and cause as nearly as possible. The most favorable time for giving the medicine is just as the fit is going off, unless it continue a long time or the paroxysms follow each other in quick succession, in which case the medicine must be given immediately without waiting for the fit to terminate. If the first dose produce no change it should be repeated in ten or twelve minutes, but if improvement follow the administration of the first dose, nothing more should be given as long as it continues; when the symptoms get worse again or another paroxysm comes on, the same medicine must be repeated. If the remedy first given does not ameliorate or remove the disease, after waiting half an hour another must be selected.

Chamomilla (in sol., 2—4 h.) is indicated, if there be convulsive jerking of the limbs, twitching of the muscles of the face and eyelids, with constant motion of the head from side to side, followed by drowsiness, with the eyes half closed, and loss of consciousness; redness of one cheek, and paleness of the other, constant moaning, and craving for drink.

Belladonna (in sol., 2—4 h.), when the child starts suddenly when asleep, or stares about wildly; the pupils are much dilated; rigidity of one or more of the limbs or of the whole body; dryness and burning heat of the forehead and palms of the hands; involuntary discharge of urine after the return of consciousness; the slightest touch sometimes provokes a new paroxysm. The fits are sometimes preceded by smiles and laughter.

Ignatia (in sol., 2—4 h.) is the chief remedy in the convulsions of children especially when the cause is unknown, and the following symptoms are presented; sudden and violent starting from a light sleep with loud screaming, and trembling of the

whole body; when the muscles of single limbs are convulsed or there is an occasional spasm of a single muscle here and there in different parts of the body; when the fits return every day at the same hour, or every other day about the same time, and are followed by fever and perspiration.

Coffea (in sol., 2—4 h.) is frequently serviceable in weak and nervous children who are subject to convulsions without any apparent cause, other than weakness.

Ipecacuanha (in sol., 2—4 h.), in asthmatic children, when the fits are accompanied by nausea, retching and vomiting or diarrhœa, and the attack is preceded, attended or followed by stretching of the limbs.

Cina (in sol., 2—4 h.) is useful in delicate children who are troubled with worms or in the habit of wetting the bed; spasms of the chest followed by rigidity of the limbs or of the whole body; and itching at the nose and anus.

Mercurius vivus (in sol., 2—4 h.), against spasms caused by worms, with distension and hardness of the abdomen; tossing and stiffness of the limbs; cructations, salivation, fever and moist skin, and great weakness after the paroxysms. This remedy may precede or follow Cina advantageously.

Opium (in sol., 2—4 h.) is particularly suitable in convulsions caused by fright, and attended by much trembling over the whole body, tossing of the limbs, and loud screaming during the paroxysms; also when the child lies unconscious as if stunned, or breathes heavily and with difficulty; distension of the abdomen and suppression of the evacuations.

Hyoscyamus (in sol., 2—4 h.), in convulsions caused by sudden fright; with twitching of the muscles of the face and foaming at the mouth.

Stramonium (in sol., 2—4 h.), in sudden convulsions from fright, or when occurring in fevers or from repelled eruptions, with tossing of the limbs and involuntary evacuations of feces and urine.

Sulphur (in sol., 4—6 h.), is especially serviceable in convulsions arising from repelled chronic eruptions.

Zincum (in sol., 2—4 h.) is one of the best remedies for the convulsions of children during the process of dentition.

Dentition.

The period of dentition in ehildren is generally attended with more or less derangement of health. During teething there is always a tendency of blood towards the head, which if not timely attended to by keeping the head cool and administering the suitable medicines, may lead to inflammation of the brain. The following are some of the most common symptoms attendant upon this period: greater restlessness than usual, especially at night; flushes of heat and alternate paleness of the face; the gums become swollen and hot; difficulty in sucking; the child frequently takes hold of the nipple, bites and lets go again; disposition to bite at everything; constant dribbling from the mouth, and looseness of the bowels. The two latter symptoms may be looked upon as salutary, by preventing a tendency to congestion of the brain or lungs to which all children are more or less disposed at this time.

The first set of teeth are twenty in number, and generally make their appearanee in the following order; the two middle lower teeth first, and when the child is about six months old; next, the two middle ineisors of the upper jaw in three or four weeks after the first; soon after these the two lower lateral incisors below, which are followed speedily by the two lateral incisors above. In about two months after these the first four jaw teeth appear, two below and two above; shortly after these the stomach and eye teeth are cut; and finally, at the age of two or two and a half years, the four back jaw teeth, two above and two below, completing the set.

There is, however, considerable variation from the above regular order and time of teething; some children get their first teeth two or three weeks after birth or indeed are born with them, while others again do not get any teeth until they are nearly a year old. In healthy children when due attention has

been paid to exercise, diet, &c., the period of dentition will generally be passed with comparatively little suffering.

The mother or nurse during the whole period of dentition should pay particular attention to her regimen, and avoid every thing indigestible or stimulating in its nature. She should especially abstain from the use of spirituous and malt liquors, which from their irritating properties are particularly injurious, and are one of the most frequent causes of the sufferings of children at this period.

Lancing the gums, though seldom necessary, may be resorted to in some tedious cases of teething. The best instrument for this purpose is a gum lancet, the blade of which should be placed over the tooth, and an incision made through the gum to the tooth. In the absence of a proper lancet a pen-knife will answer the same end.

The following are the medicines most generally required: Aconite, Chamomilla, Coffea, Belladonna, Nux vomica, Calcarrea carb., Ignatia, Cina, Ipecacuanha, Mercurius vivus, and Sulphur.

Aconite (in sol., 6—12 h.), when there is fever with much restlessness, sleeplessness and pain, as evinced by the child's crying and starting.

Belladonna (in sol., 6—12 h.), in convulsions caused by teething; the convulsion is followed by sound sleep, which continues for a long time, or until another paroxysm comes on. The child starts suddenly from its sleep as if frightened, and looks around as if terrified, with an altered expression of countenance; the pupils of the eyes are enlarged, and the child stares at a particular spot; the whole body becomes stiff; with burning heat in the palms of the hands and in the temples.

Calcarrea carbon. (dry), when the process of dentition is retarded in children of light complexion, and inclined to be fat. Give the medicine once a week for three or four weeks.

Chamomilla (in sol., 4—8 h.) is particularly adapted to the various diseases of children during the period of dentition, and especially when a child is very uneasy at night; tosses about;

wants drink often; has spasmodic jerks and twitches of the limbs during sleep; starts at the slightest noise; general heat; redness of one cheek and of the eyes; moaning; groaning; agitation; short, quick, noisy respiration and oppression of the chest; hacking cough; mouth dry and hot; diarrhœa, with watery, slimy and greenish evacuations, worse at night.

Cina (in sol., 5—12 h.) may be given to children who wet the bed at night and grind their teeth during sleep and at other times; have hardness and distension of the abdomen; rub the nose, and have a dry cough, resembling whooping cough.

Coffea (dry, n.), when the child is very excitable; does not sleep; is sometimes fretful and at other times too lively, with some fever.

Ignatia (in sol., 3—6 h.), when there are convulsive jerkings of single limbs; frequent flushes of heat, sometimes followed by perspiration; the child rouses from a light sleep with piercing cries and trembles all over.

Ipecacuanha (in sol., 6—12 h.) is very useful in nausea and vomiting with diarrhœa; the stools are mixed, of different colours.

Mercurius vivus (in sol., 6—12 h.) is applicable in cases of copious dribbling from the mouth, redness of the gums, and green evacuations from the bowels, with straining.

Sulphur (in sol., 12—24 h.), may be given when the stools are whitish or hot and sour; and excoriate the nates.

Zincum, as before observed, is an important remedy for the convulsions attending dentition.

Bowel complaint. Cholera infantum.

This disease, so common in infancy, and so often fatal under old school treatment, is most prevalent during the summer and autumn, and usually commences with sickness and vomiting followed by diarrhœa. The matters ejected consist at first of food and afterwards of mucus; or there may be mere retching and fruitless efforts to vomit. The evacuations from the bowels are very frequent and may assume various appearances, sometimes

they are greenish, thin and watery, or yellowish, at others whitish or slimy and mixed with blood. Often the food is passed undigested, and the odour is occasionally very offensive.

If the disease continues for any length of time the child loses its appetite, the flesh becomes soft, and the emaciation frequently so great that the skin hangs in folds about the person, hectic fever with evening aggravation sets in, the eyes are sunken and but half closed during sleep. The thirst for cold water is usually very great, and drinks of all kinds are immediately rejected by the stomach. The head and abdomen are hot and the latter generally distended, while the feet and hands are cold.

The most common exciting causes of bowel complaint are, improper diet either on the part of the mother or child, vicissitudes of temperature, improper clothing, want of fresh air and teething. The latter is probably the most frequent cause, as children are more liable to this disease during their second summer.

At the season in which children are most subject to cholera infantum strict attention should be given to diet, exercise and clothing, both by mother and child. In regard to the diet, every thing stimulating, such as vinous and fermented beverages, acids, all highly seasoned food, and most vegetables should be dispensed with. And in general the homœopathic regimen as recommended in the beginning of this work, should be closely adhered to. The clothing should be adapted to the season and changed to suit the vicissitudes of temperature, care being taken not to clothe the child too warmly. The apartments should be kept cool and well aired, and the children frequently taken out into the open air.

Children living in large cities will be much benefited by a ride out into the country, or on the water by steamboat.

The medicines most efficacious in this complaint are Antimonium crudum, Arsenicum, Bryonia, Carbo vegetabilis, Dulcamara, Ipecacuanha, Mercurius vivus, China, Nux vomica, Veratrum and Sulphur. The following are the indications governing the choice of each.

Antimonium crudum (in sol., 3—6 h.), when the tongue is coated white or yellow; dryness of the mouth with thirst; nausea with vomiting, or retching and cough; distension of the abdomen with flatulency; offensive, slimy stools; and frequent passages of water.

Arsenicum (in sol., 3—6 h.), if the child be very weak, pale and emaciated; inflation of the abdomen; cold extremities; loss of appetite; nausea and vomiting; intense thirst; yellow and watery, white or *brownish* offensive diarrhœa, which is worse after midnight, towards morning, and after eating or drinking.

Bryonia (in sol., 3—6 h.), when the diarrhœa comes on in hot weather, and is accompanied by much thirst; vomiting of food; nausea and vomiting after eating; diarrhœa with colic; stools have a putrid smell, are white or brownish and lumpy.

Carbo vegetabilis (in sol., 3—6 h.): if Bryonia afford but temporary relief give Carbo vegetabilis, especially if the evacuations be very thin and offensive, and are attended with burning, and much pain.

Dulcamara (in sol., 3—6 h.), if the complaint returns every time the weather gets cool, or takes place after drinking cold water while in a heat; violent thirst for cold water; diarrhœa of a greenish or brownish mucus, worse at night.

Ipecacuanha (in sol., 3—6 h.), if given in the commencement of the disease will generally arrest its progress at once. The symptoms which indicate this remedy are chiefly nausea and vomiting of food and drink, or of mucus and bile, attended with diarrhœa of fermented stools of white flocks or tinged with blood; coated tongue; dislike to all food; and raging thirst.

Mercurius vivus (in sol., 3—6 h.), when the diarrhœa is worse before midnight and is attended with colic, straining at stool, and perspiration; evacuations scanty, greenish, sour, and attended with nausea and eructations.

China (in sol., 3—6 h.), when the diarrhœa occurs after every meal, the motions are very fetid and contain undigested portions of the food, and there is much wind in the bowels.

Nux vomica (in sol., 3—6 h.); if Ipecacuanha should not be

efficacious in arresting the disease at the outset give one dose of *Nux vomica* at night and another next morning.

Veratrum (in sol., 3—6 h.), when the weakness from the nausea and vomiting is so great as almost to cause fainting; great exhaustion, vomiting and diarrhœa; vomiting after swallowing the least liquid: the slightest movement excites vomiting; thirst for cold water; sensitiveness over the pit of the stomach; colic, with burning and cutting pains in the abdomen; loose, brownish, and blackish stools; and, small unnoticed evacuations of liquid fæces.

Sulphur (in sol., 3—6 h.) will be valuable in protracted cases, especially when the evacuations from the bowels are frequent, and greenish, thin and watery, or whitish and slimy.

Soreness behind the Ears.

For the appropriate treatment of this affection, see “*Excoriation.*” The medicines of most value in the complaint are, *Calcare carb.*, *Graphites* and *Sulphur* (all dry, n.).

Running from the Ears. Otorrhœa.

Abscesses are frequently formed in the ears of young children.

They are generally preceded by violent pain, giving rise to screaming, rolling and tossing of the head, sudden starting out of sleep, and more or less fever. As soon as the abscess breaks and matter is discharged the pain ceases. The running is often profuse and difficult to cure. The matter is generally white, but occasionally it becomes greenish or dark coloured and extremely offensive.

Belladonna, *Mercurius vivus*, *Chamomilla*, and *Pulsatilla* (all in sol., 2—4 h.), are the best remedies for the pain.

Mercurius, *Pulsatilla*, *Calcare carb.*, *Rhus tox.*, and *Sulphur* (all dry n.), for the discharge. The ear should be frequently washed. See also “*Affections of the ears.*”

Nocturnal Urination. “Wetting the Bed.”

This, to parents especially, exceedingly troublesome complaint, is generally produced by disease or by constitutional weakness, though in some cases it may result from inattention to cleanliness and indulgence in bad habits.

It may generally be cured by one or more of the following remedies; *Silicea*, *Sepia*, *Natrum muriaticum*, *Belladonna*, *Cina*, *Calcarea*, or *Pulsatilla* (all dry, n.).

Rupture of the Navel. Umbilical Hernia.

This affection is quite common in young children, and may be known by the unnatural protrusion of the navel. It is not often painful unless it becomes large; when discovered to exist, a piece of pasteboard, cork, sheetlead, or other hard substance should be covered with linen, placed over the navel, and secured there by a broad bandage. This, by being constantly worn, will generally remove it.

The cure will be much facilitated by the occasional administration of a dose of *Nux vomica* (dry).

Heat Spots. "Prickly Heat."

Infants and young children are frequently troubled with an eruption consisting of small vesicles, generally about the size of a pin's head; they are red and inflamed at the base, and filled with watery fluid. After breaking they sometimes form into thin scabs and occasionally are disposed to ulcerate. There is usually more or less fever accompanying the eruption, which is often very annoying to children on account of the itching and burning with which it is attended.

The heat of summer is the time at which this eruption is most prevalent; its development is also favoured by warm rooms and an excess of clothing. The disorder will generally be removed by frequent bathing, and proper attention to ventilation and dress.

When attended by much fever and restlessness, a few doses of *Aconite* or *Chamomilla* (in sol., 6—12 h.) will afford relief. *Rhus tox.* (in sol., 12 h.) may be given, if the eruption is extensive, and *Arsenicum* or *Sulphur* (in sol., 12 h.), if *Rhus* should be insufficient. *Sulphur* (dry), given at long intervals, will correct the tendency to this complaint.

Leucorrhœa of Children.

Little girls are sometimes subject to a discharge of whitish

mucus from the vagina, resembling the leucorrhœa of adults. It may be the result of inattention to cleanliness, or proceed from some constitutional or other cause.

Frequent bathing with luke-warm water will generally cause its removal in a short time; or, if this should fail, the internal administration of *Calcarea carb.* (dry), once a day for a few days, followed if necessary by *Pulsatilla* (dry), will effect a cure.

Weaning.

Generally the most suitable age to wean children is when they are about ten months old; by the time they arrive at this age, the teeth are usually sufficiently developed to masticate more solid food, and the milk of the mother may be dispensed with.

If the mother be delicate, the supply of milk begin to diminish in quantity and deteriorate in quality, or the menstrual discharge reappear, the child may be weaned at an earlier period.

On the other hand, the child should not be weaned while it is suffering much from the irritation of teething, or any other infantile disease, unless the health of the mother renders it absolutely necessary.

As the teeth begin to appear, the child should gradually be accustomed to other food than the mother's milk, so that, when the period for weaning arrives, its digestive organs will be fully prepared for the change of diet.

The most suitable seasons of the year for weaning are the spring and autumn.

After weaning, the child's diet should consist of simple but nourishing food, such as bread and milk, arrowroot, farina, boiled rusks, &c., and the transition to a more substantial fare should be extremely gradual.

It is sometimes necessary to feed the child from birth, in cases where the mother cannot nurse, and a wet-nurse cannot be easily obtained. In this case the best diet for the child is usually new cow's milk, at first diluted with water, and sweetened with sugar, or, still better, with sugar of milk. It is generally advisable to bring the milk to the boiling point and to remove the scum that rises to the top. After a month or two we may cease

to dilute the milk and even add to it a little arrowroot or other farinaceous food if required. But if the infant thrives on the milk it may safely be reared on that exclusively for four or six months. Where the infant does not thrive on cow's milk, asses' milk may often be given with advantage. Infants brought up by hand usually suffer more from over-feeding than from having too little food. Great care should therefore be taken to give the food at regular times, at first every two or three hours, afterwards at longer intervals. Nurses should train infants so that they do not require to be fed for six or seven hours at night.

The mother, also, after the child is taken from the breast, should be particularly careful in her diet, and until the secretion of milk has ceased, live as low as possible. If the breasts become much distended and painful, they should be bathed with hot lard, and wrapped in raw cotton. It will also be necessary to have them drawn occasionally. At the same time the internal administration of Pulsatilla and Rhus tox. will aid materially in stopping the secretion. They may be taken (in sol.) alternately twice a day.

Vaccination.

Vaccination is a homœopathic prophylactic operation, and one which, from its efficacy in the prevention of small pox, a disease presenting similar symptoms, may be considered a proof of the truth of the homœopathic law.

The most suitable age perhaps to vaccinate children is from the fourth to the sixth month; the operation may, however, be performed at any age, and when the small pox is prevailing as an epidemic, quite young infants may be vaccinated.

It is a matter of great importance to obtain the virus from a healthy child—one that is free from scrofulous taint, and all other hereditary, and especially cutaneous diseases. Some physicians have latterly recommended that the virus should be obtained directly from the cow, and where this can be done, it certainly seems to be the preferable plan. When the vaccination is successful, the best means of preventing the development of eruptions after it, is to administer a few doses of Sulphur (dry, n.).

CUTANEOUS DISEASES.

Rash.

OF this complaint there are various kinds. When a rash makes its appearance on the skin, and is accompanied by fever, the patient must be careful not to take cold, but at the same time he should not keep himself too warm; either may prove injurious. When there is no fever attending the rash, the complaint is not of a serious nature, yet cold should be guarded against; if the patient takes cold notwithstanding, resort should be immediately had to medicine.

In all cases of eruptions attended with fever, which have been suppressed, the same remedy will often be beneficial which is prescribed for the eruption itself; where the kind of eruption is not clearly characterized, give *Ipecacuanha* (4 or 5 doses in sol., 3—6 h.), followed by *Bryonia*, *Sulphur*, or *Calcarea* (dry); and in critical cases, when convulsions occur, or threaten to occur, *Cuprum aceticum*, first trituration, must be given; about a grain should be dissolved in a wineglassful of water, and a teaspoonful of the solution taken every fifteen or twenty minutes until the symptoms subside.

When a rash is prevalent in the neighbourhood, or is even in the house, and several individuals are taken ill at the same time without a corresponding eruption, but with a feeling of contraction about the chest, difficulty of breathing, frequent giddiness, loss of vision, trembling, sickness of the stomach, vomiting, griping, diarrhœa, great uneasiness, fainting, and other symptoms, give *Ipecacuanha* (in sol., 2—3 h.), it will either accelerate the eruption, or prevent the disease altogether.

Children, and sometimes grown persons, are troubled, after taking cold, with a rash, appearing in red, smooth spots of the

size of a pin's head, which are not elevated, but visible in heat and in cold, with itching and biting at night, disturbed sleep, shivering in the evening, and heat during the night; children become very uneasy and irritable, and cry much; in such cases give Aconite (in sol., 6—12 h.), and if no improvement has taken place by the next day, give Chamomilla (in sol., 6—12 h.), and a couple of days later, if necessary, Sulphur (dry). The latter remedies are frequently followed by perspiration, which must not be checked.

Nettle Rash. Urticaria.

This is a common eruptive disease, and is distinguished by long prominent patches, or wheals of various sizes and irregular shapes. The elevations are generally of a red colour, with white wheals on the surface. Sometimes, however, there is little or no redness, and the elevated parts are paler than the surface around them.

The eruption is always attended by burning and troublesome itching, especially when the patient gets warm in bed, and it is mostly preceded by more or less gastric disturbance, such as nausea or vomiting, loss of appetite, thirst, furred tongue and other signs of febrile excitement. In some instances, indeed, the skin is very hot and dry, and the pulse greatly accelerated. Occasionally, however, it is attended with but little constitutional disturbance. After the eruption makes its appearance, the gastric and febrile symptoms subside, and the chief irritation is that caused by the burning and itching.

This disease may originate from errors of diet, exposure and various other causes. When there exists a constitutional predisposition to it, it is frequently found to be excited by some particular article of diet. In some persons shell-fish invariably produce it. In others, it is induced by certain kernels, especially the bitter almond; vinegar, salads, cucumbers, mushrooms, honey, and fruit, &c. It may indeed be produced by a variety of articles used at the table and as medicines.

Treatment.—The medicines mostly required in acute cases of

the complaint are Aconite, Dulcamara, Pulsatilla, Rhus tox., Bryonia, Belladonna, Hepar, Arsenicum, Calcaria, Nux vomica, and Sulphur.

Aconite (in sol., 3—4 h.) should be given, if the eruption be preceded by much fever, with hot, dry skin, thirst, furred tongue, hard and very quick pulse, and restlessness and anxiety.

Dulcamara (in sol., 3—6 h.), when excited by exposure to cold or damp, when occurring in wet weather, or when attended with some fever, bitter taste in the mouth, diarrhœa, foul tongue, and violent itching and burning.

Pulsatilla (in sol., 3—6 h.), when the eruption has been produced by eating unwholesome food, and is attended by looseness of the bowels. This remedy is particularly suitable for females and persons of lymphatic temperament and mild temper.

Rhus tox. (in sol., 3—6 h.) is also a valuable remedy in this disorder, especially when arising from some peculiarity of constitution, in which the attacks are excited by some particular article of food.

Bryonia (in sol., 3—6 h.) is serviceable in this disorder, especially when the eruption has suddenly disappeared from the surface, and is followed by difficulty of breathing, pain in the breast, and other symptoms which may lead us to fear a translation of the disease to the chest.

Belladonna (in sol., 3—6 h.) should be given if the eruption be attended by violent headache and red face.

Hepar (in sol., 3—6 h.) when attended by severe catarrhal symptoms, principally affecting the head, and worse on one side.

Nux vomica (in sol., 3—6 h.) is indicated when the eruption is excited by indulgence in spirituous or malt liquors.

Arsenicum (in sol., 3—6 h.), in extremely severe cases of this affection, after the failure of other remedies, also to reproduce the disease after it has been suddenly suppressed. It is especially indicated when the rash is caused by eating unripe fruit.

Calcaria (in sol., 6 h.) when the eruption has been suddenly repelled, a dose or two of this medicine will frequently cause its re-appearance.

Urtica urens (in sol., 3—6 h.) has been found useful in some cases of urticaria.

Spirits of Camphor (a drop on sugar every $\frac{1}{4}$ h.) will often remove the disease when it suddenly comes on after taking anything acid, such as fruit or vinegar.

External applications of all kinds should be avoided in this as well as in other acute eruptive diseases, as their use is liable to cause a sudden repercussion of the eruption, which is frequently attended by serious or fatal consequences.

In the chronic forms of this disease, the remedies which have been found most useful are, Calcareæ, Lycopodium, Causticum, Sulphur, Carbo vegetabilis, and Acidum Nitricum (all dry, n.).

Measles. Rubeola.

This affection generally prevails as an epidemic, and is communicable by contagion from one person to another. It usually attacks a person but once, and this attack is commonly in childhood. Adults who have escaped the disease in childhood and who afterward take it, are generally attacked severely. When the disease occurs in childhood, and is properly treated, it is rarely either severe or dangerous.

Measles frequently leaves behind it diseases more dangerous than itself, consequently great care is required in the after-treatment.

In scrofulous children, troublesome swelling and inflammation of the lymphatic glands, especially those of the neck, are apt to occur; or the eyes may be affected with ophthalmia, difficult to cure, and the foundation be laid for consumption of the lungs.

An attack of measles is usually preceded by catarrhal symptoms, such as profuse watery discharges from the eyes and nose; short, dry, and distressing cough; the eyes present a peculiar watery appearance, and become more or less inflamed.

These symptoms, after continuing for two or three days, increase in violence; the fever at times becomes very high; nausea and vomiting often set in, and there is pain at the pit of the

stomach on pressure. The eyes are more sensitive to light; the cough more violent and accompanied by hoarseness and difficulty of breathing, and a feeling of tightness across the chest.

In from two to five days after the commencement of these symptoms, the eruption makes its appearance, under the form of small red spots, about the size of flea bites, circular in shape, slightly raised above the surface, and distinct from each other. It is generally first seen about the head, around the margins of the hair, behind the ears and on the temples; then on the forehead, face and neck, from whence it spreads in the course of the same or the next day to the trunk and limbs.

The red spots generally run together in patches, which are at first small, but gradually enlarge, and assume a crescentic or semi-lunar shape. In about thirty-six hours the eruption arrives at its height, and usually in about five days from its first appearance it begins to die away, and gradually disappears in the same order as it advanced. The cuticle sometimes comes off in small bran-like scales, accompanied by a troublesome itching of the parts of the skin that had been implicated, and the cough and other catarrhal symptoms finally yield, leaving the patient suffering only from the weakness induced by the previous attack.

This is the usual course of the disease; it however varies; the eruption for instance may appear first on the body, or it may disappear and be reproduced. The catarrhal symptoms, too, are occasionally almost or entirely absent. The period of incubation, as it is called, or the time that elapses between the reception of the poison into the system, and the commencement of the eruptive fever, varies from six to sixteen days.

Treatment.—Aconite, Pulsatilla, Belladonna, Euphrasia, Ipecacuanha, Bryonia, Phosphorus, Sulphur, Arnica, and Dulcamara, are the principal remedies in this affection.

Aconite (in sol., 4—6 h.) is one of the chief medicines in this complaint, and in some cases is itself sufficient to conquer the disease, or at least materially to shorten its duration. It is especially indicated when the fever is violent, with hot, dry skin; heat in the head; giddiness; redness of the eyes and dread of

light, great prostration of strength. It may be continued until there is considerable amelioration of the febrile symptoms.

Pulsatilla (in sol., 4—6 h.) is exceedingly useful and almost specific in measles, and is generally indicated in the commencement, when the catarrhal symptoms first appear; also when the eruption is tardy in coming out; but whilst the fever is high, *Aconite* must be administered, and if it fails to produce an abatement of the febrile symptoms after a dose or two has been given, *Sulphur* (dry) should be given, and afterwards *Aconite* again whenever the symptoms grow worse. *Aconite* and *Pulsatilla* may frequently be administered alternately with great advantage.

Belladonna (in sol., 4—6 h.) will be indicated, when the throat becomes sore, attended with thirst; difficulty of swallowing on account of the shooting and prickling pains in the throat: and also when there is dry, barking, or spasmodic cough, worse at night, with rattling of mucus; likewise in those cases where the eruption does not appear, but there is headache, catarrh, and inflammation of the eyes. This remedy is also of great value whenever there is congestion towards the head, with threatened inflammation of the brain.

Euphrasia (in sol., 4—6 h.) when the catarrhal symptoms, cough and inflammation, with great watering of the eyes, are very prominent symptoms. If at the same time the fever runs high this medicine should be alternated with *Aconite*.

Ipecacuanha (in sol., 4—6 h.) is most serviceable in arresting the vomiting; it is also useful when there is oppression of the chest.

Bryonia (in sol., 4—6 h.) when the eruption is imperfectly developed, or when there is congestion to the chest, with shooting pains or stitches, increased by taking a deep inspiration; and violent dry cough. *Phosphorus* and *Sulphur* (in sol., 4—6 h.) are also useful in cases of congestion or inflammation of the lungs. *Arsenicum* (in sol., 4—6 h.) will be required if the sickness or vomiting and oppression of the chest remain after the use of *Ipecacuanha*. In the severe cases, where typhoid symptoms are presented, *Arsenicum*, *Bryonia*, *Phosphorus* and *Rhus toxicod.* (in sol., 6 h.) will be useful.

For the cough which frequently remains after measles, *Bryonia*, Sulphur, Causticum, *Hyoscyamus*, *Drosera*, and other remedies recommended under "Cough," are serviceable. Swelling of the glands in the neck, or Parotitis, requires *Arnica*, *Dulcamara*, or *Mercurius vivus* (in sol., 6—12 h.) Burning and itching of the skin, *Nux vomica*, Sulphur, and *Arsenicum* (in sol., 6—12 h.). Tenderness of the skin, *Mercurius vivus*.

When measles are prevailing as an epidemic, the administration of *Pulsatilla* (dry), every two or three days on the slightest appearance of catarrhal symptoms will often ward off an attack; or, if it should be taken, render the disease extremely mild.

Scarlet Fever. *Scarlatina*.

Scarlet fever in its simplest form is characterised by fever, with swelling of the face, and an efflorescence of the skin, of a raspberry colour, or a hue like that of the shell of a boiled lobster, and generally more or less inflammation of the throat. The eruption terminates in about a week by desquamation, or peeling off of the skin.

The eruptive fever of simple scarlatina varies both in intensity and duration; sometimes it is very slight; at others violent. At first the patient commonly complains of weakness and general indisposition, with nausea and vomiting; slight chills or creepings, followed by heat of skin and thirst, and occasionally headache, bleeding at the nose, and more or less stupor. Generally on the second (sometimes not until the third or fourth) day of the disease the eruption begins to appear, first on the face, neck and chest, and gradually extending to the rest of the body. The points or spots are at first separated from each other, of a deep red colour, and not raised above the cutaneous surface. They gradually coalesce, so that, on the face, neck and upper extremities, the eruption is uniform and continuous, but over the trunk it is diffused in large irregular patches. On the loins and bends of the joints it is generally of a deeper hue than on other parts of the body.

The skin is burning hot, tense, dry and extremely sensitive to

the touch. The feet and hands are intensely red, swollen, stiff and painful. About the fourth day the eruption is usually at its height, presenting the boiled lobster-like hue above-mentioned.

If pressed upon by the finger, a white imprint is produced which disappears almost immediately. On the fifth or sixth day it begins to fade; the redness disappears in the order in which it appeared; the swelling of the face subsides; and by the seventh day it has become indistinct. Itching and desquamation of the skin now take place—the cuticle coming off in large flakes.

Whilst the eruption is on the skin, its effects are perceptible on the mucous membranes of the mouth, fauces and nostrils, all of which are of a vivid red colour. The tongue is generally covered with a white coating, through which the elongated red points of the papilla project. This condition of the mouth and fauces disappears in simple scarlet fever along with the eruption; the fever, too, subsides at the same time, so that in about a week the patient seems to be free from the disease, but is frequently left extremely debilitated.

Scarlet fever is often, however, much more violent than this; it is frequently complicated with severe inflammatory or ulcerated sore throat, delirium, &c.

In the fever known as *Scarlatina anginosa*, or that in which the throat is considerably affected, the symptoms are generally more severe from the commencement, the muscles of the neck and lower jaw suddenly become stiff. On the second day the fauces are inflamed; the voice is hoarse, and swallowing difficult and painful. The tonsils are swollen, and the mucous membrane of the mouth and fauces of a vivid red colour. The whole throat becomes covered with a viscid secretion of a gray, yellowish, or white colour. Sometimes it assumes a dark hue, and the breath becomes offensive.

On the second, third and fourth days the disease is generally at its greatest height; the pulse is frequent but not strong; the heat of the skin is intense; the breathing oppressed; the thirst violent; and usually towards evening the fever is aggravated, and often attended with delirium.

The eruption does not generally appear so early in this as in the simple variety. Frequently it is not seen until the third day, and then only in patches of a raspberry hue scattered over the body. These patches sometimes disappear on the first day of their occurrence, to recur irregularly at an after period.

At times the disease assumes a still more serious type than that of the anginose variety; the symptoms at the very beginning are like those of scarlatina anginosa, but soon they assume the malignant character, indicated by fever of the typhous form, with delirium, hot skin, &c. The fauces, when examined, present a dark red appearance without much swelling; and ulceration or gangrene with extensive sloughing speedily takes place.

At the same time an acrid discharge takes place from the nose, and occasionally from the eyes or ears; the breath is fœtid; the glands of the mouth and neck become inflamed and swollen, ending at times in the formation of abscesses.

The eruption in this form is extremely irregular, both in its appearance and duration. Generally it is paler than in the other varieties, but occasionally it assumes a darker colour. The terms of *Scarlatina maligna* and *gangrenosa* have been given to this form of this disease, and in many instances it terminates fatally on the third or fourth day.

Scarlet fever sometimes occurs without any eruption on the skin; but instead, the mouth and fauces become affected, and the disease seems to expend itself on the mucous membranes. This form may assume the malignant type, and prove fatal.

Scarlatina is sometimes confounded with measles, from the resemblance the two eruptions bear to each other at the commencement. They may, however, easily be distinguished, the eruption of scarlet fever being of a diffuse lobster redness, and the spots very large, while in measles there are between the spots numerous small irregular spaces, in which the skin preserves its natural colour. The catarrhal symptoms, too, such as cough, sneezing, and lachrymation are a part of measles, whilst in scarlet fever they rarely or never occur.

There is also a difference in the desquamation of the cuticle:

in measles, it takes place in small branny scales ; in scarlet fever in large pieces.

The greatly accelerated pulse denoting the approach of scarlet fever, and which is seldom found to the same extent in any other disease, as well as the existence of an epidemic of one or the other, and of the probability of exposure to its influence, will aid in the diagnosis.

Scarlet fever is generally considered to be contagious. It occurs more frequently in youth than in adult age, seldom attacks the same person twice, and is also, from the fatality attending it, especially in its severe forms, one of the most alarming diseases to which the children of this country are subject.

Persons who have had the disease frequently suffer from sore throat, when they are in attendance upon one labouring under scarlatina.

Scarlatina is exceedingly liable to be followed by general and local dropsies, chronic diarrhœa, bronchitis, tubercles in the lungs, and other serious maladies, requiring much discrimination and skill to manage them successfully.

Treatment.—Aconite, Belladonna, Mercurius vivus, Lachesis, Arsenicum, Phosphorus, Kali carb., Calcarea carb., Pulsatilla, Cuprum aceticum, Zincum, Tartar. emetic., Acidum nitricum, Lycopodium, and Senega.

Aconite (in sol., 2—4 h.) may be administered in the very beginning, before the eruption makes its appearance or during the course of the disease, when the fever is highly inflammatory with exceedingly rapid pulse, &c.

Belladonna (in sol., 3—6 h.). This remedy is almost specific in the simple forms of scarlet fever, and the disease will frequently yield under its influence without the assistance of any other remedy. It may be continued until some amelioration takes place. Great advantage will frequently result from the alternate administration of Aconite and Belladonna.

Belladonna should also be administered in *Scarlatina anginosa* as soon as the throat and tongue become affected with dryness

and burning, and there is excessive thirst, but inability to swallow; bright red appearance of the throat and tongue, with or without excoriation, white specks, or stringy mucus; swelling of the tonsils, and stiffness of the jaws and neck, and delirium.

Mercurius vivus (in sol., 3—4 h.), after *Belladonna*, when the latter has failed to produce a favourable change in the disease, and there is an appearance of ulceration of the tonsils commencing, with increase of mucus, and of the swelling of the tongue, throat, and tonsils.

Lachesis (in sol., 3—6 h.) will also be beneficial in bad cases of the anginose variety, with tendency to ulceration; and also when the disease assumes the malignant form.

Cuprum aceticum has been highly recommended in cases in which the eruption is suddenly repelled, and symptoms of an alarming character ensue—such as quick, small, weak, and irregular pulse; temperature of the skin reduced, and sometimes chilly and covered with perspiration; convulsive movements of various parts of the body, distortion of the eyes, face, mouth, head, &c.; spasms of the chest; great restlessness, delirium, &c. A grain of the first trituration should be mixed with a wineglassful of water, and a teaspoonful of the solution given every fifteen or twenty minutes. After the administration of a few doses of this remedy, the eruption is often reproduced, the cerebral symptoms disappear, and the disease runs its usual course.

Zincum (in sol., 1—2 h.) is of great use in cases where the brain is affected at the commencement of the disease, as shown by convulsions, incoherent speech or total loss of consciousness, contracted pupils, muscular twitches, &c.

Pulsatilla (in sol., 4—6 h.) is efficacious when the disease is attended with considerable derangement of the stomach and digestive organs; with pale, red, or bloated appearance of the face; constipation or looseness of the bowels, especially at night; occasionally pains in the bowels, and shivering.

Arsenicum (in sol., 4—6 h.) is valuable when the ulcers of the throat assume a livid appearance about the edges, and

emit an offensive odour, with great thirst, restlessness and extreme prostration of strength. Kali carb. and Calcarca carb. are also useful in similar cases.

In the malignant form (*Scarlatina maligna*), Arsenicum, Lycopodium, Acidum nitricum, and Phosphoric acid, will be found of most service.

Tartarus emeticus (in sol., 3—6 h.) has been recommended in the first stage of the disease, and especially when the following symptoms occur : convulsions which precede the eruption ; diarrhœa ; cold, clammy skin ; hurried respiration ; hoarse voice, and retching and vomiting of viscid mucus.

Senega (in sol., 4—6 h.) in cases where there are offensive ulcers, and accumulation of tough, viscid mucus in the mouth.

The dropsical swelling following scarlatina will generally be removed by Helleborus, Bryonia, Belladonna, Arnica, Arsenicum, or Sulphur (in sol., 6—12 h.). See also the article " Dropsy." For the medicines required in the treatment of *Diarrhœa*, *Otorrhœa*, *Bronchitis*, *Boils*, and other affections consequent upon scarlet fever, see these articles in their respective chapters.

Belladonna is valuable as a preservative against scarlet fever when prevailing as an epidemic ; and also in modifying the disease in those persons who are not entirely exempt from its attacks. A dose of the medicine may be taken (dry) once a day or every alternate day. Calcareo and Lachesis have also been recommended as preventitives.

Scarlet Rash. Purpura miliaris.

This affection is occasionally met in complication with measles, small pox, and scarlet fever, more particularly the latter ; it appears to be in fact a modified form of scarlet fever.

It may be distinguished from genuine scarlatina by the dark, almost purple appearance of the eruption, by the pressure of the finger leaving no white mark, and by the small grains in the skin, which are distinctly felt on passing the hand over it.

This form of the disease does not run a regular and definite course like other eruptive fevers. The efflorescence may dis-

appear suddenly, and be followed by dangerous symptoms. It may or may not extend over the entire body, and is often attended with sweating, which only occurs on the surface covered with the eruption.

Persons who have suffered once from this affection are by no means exempt from future attacks.

Sore throat is not often so severe a symptom in scarlet rash as in scarlatina. It is chiefly met with when the eruption is wanting, and at its commencement and decline.

Aconite (in sol., 3—6 h.) will generally remove this disorder unless it be complicated with some other affection.

Coffea (in sol., 3—6 h.) may in some instances be required after or alternately with Aconite, when there is much restlessness and agitation, or pains in the head or extremities, accompanying the malady.

Belladonna (in sol., 3—6 h.) when complicated with scarlet fever, with sore throat, cerebral disturbance, &c.

Ipecacuanha (in sol., 3—6 h.), followed if necessary by Pulsatilla, when attended by nausea and vomiting, or diarrhoea.

Bryonia (in sol., 3—6 h.) when there is congestion to the chest, with hurried respiration, pain, &c. It may be given advantageously after Ipecacuanha.

Chicken-pox. Varicella.

This disease, owing to the fact of its bearing a considerable resemblance to small-pox, has been considered by some a variety of that disease. There are, however, differences which amply suffice to establish their non-identity.

Varicella is characterized by a vesicular eruption, more or less copious, and generally accompanied by some degree of fever. This eruption, though easily distinguishable from small pox, is not so easily distinguished from modified small pox or varioloid. The eruption of the latter is pustular; the pustules being small, circular, and commonly depressed in the centre. In chicken-pox the vesicles are at first transparent, but the fluid soon becomes sero-purulent, and is then generally of a light straw-colour. Another difference, too, is that chicken-pox cannot be communi-

cated by inoculation, whilst the matter of varioloid inserted under the cuticle of a person who has neither been inoculated nor vaccinated produces genuine small pox.

The eruption of varicella is generally preceded for a day or two by more or less constitutional disturbance, such as fever, nausea or vomiting, &c. The pustules are generally fully matured by the third day, and the whole eruption disappears by the end of the fourth or fifth, without being succeeded by the little tubercles which are left after varioloid. They usually, indeed, leave no mark.

Treatment.—This disease generally passes off without requiring any medical assistance; when, however, the eruption is attended by a considerable degree of fever, a dose or two of Aconite (in sol., 4—6 h.) may be given; when there is much headache or congestion towards the head, Belladonna (in sol., 4—6 h.). If the eruption be considerable, Tartar. emetic., or Mercurius vivus (in sol., 6 h.) may be beneficial.

Small-pox.

This is one of the most loathsome, and at the same time one of the most malignant diseases, to which a human being is liable. Like other eruptive fevers it is propagated by contagion, and rarely attacks a person more than once in the course of his life.

The length of the period of incubation, or the distance between the time of exposure to the contagion, and the accession of the premonitory fever, is generally about twelve days; but the extremes are seven and twenty-one days. The fever is ushered in by a chill, accompanied or speedily followed by pain in the back, aching in the bones, general soreness and all the common symptoms of severe cold. When the fever sets in, the skin becomes dry and hot; thirst; pain in the pit of the stomach; light hurts the eyes; intense pain in the head attended with delirium; anxious expression of countenance, and great prostration of strength; all have a share in the distress of the patient, and help to make up the catalogue of symptoms.

In about forty-eight hours after the commencement of the

fever, the eruption begins to make its appearance in the form of small red pimples on the face and forehead; at first very much resembling measles, but next day the spots are more elevated, and the true character of the disease is made known. The fever usually abates very much when the eruption comes out. On the third or fourth day the pustules begin to fill; the tops are flattened, and as they pass on to maturity, a depression is observable in the centre; the pustules at first contain whitish lymph, which gradually becomes more and more yellow, until the eighth day of the eruption when the suppuration is at its height. The odour of a small-pox patient is very peculiar, and not likely to be forgotten. After the eighth day the eruption begins to dry up, many of the pustules burst, and scabs begin to form. The process of dessication continues to progress until the fourteenth day of the eruption, by which time the fever in favourable cases has subsided, the swelling of the face left, and scabs have fallen off the upper parts of the body, leaving the skin of a reddish-brown colour. This is the ordinary course of the disease when the issue is favourable. But, when the disease prevails epidemically, cases are seen in unfavourable subjects, and in hospital practice, that beggar description on account of their destructiveness.

Treatment.—The room of a small-pox patient should be kept well ventilated, and not too warm; very little light should be admitted.

In order to prevent poek-marks on the face, which are apt to cause great disfigurement, it should be covered over with linen rags spread over with cold cream; or it may be painted occasionally with collodion.

Aconite (in sol., 3—4 h.) is almost always called for in the febrile stage, especially if there be congestions to different parts, as the head or lungs, attended with headache, dulness and sleepiness; bleeding of the nose; injected eyes; fulness in the chest, with increased action of the heart; pain in the back, and general aching in the limbs.

Belladonna (in 3 sol.,—4 h.) if during the precursory fever

there be delirium with the headache; suffusion of the countenance; inflammation of the eyes, with anxious look; intolerance of noise; and, in the eruptive stage, if the pustules be too red.

Bryonia (in sol., 3—4 h.), if the headache and backache continue; and there be irritability of stomach; cough, with soreness in the chest: constipation; or, the eruption be delayed, with a sensation as if the flesh had been bruised.

Coffea (in sol., 3—4 h.) is very useful in the great restlessness which frequently occurs during the progress of the disease.

Mercurius vivus (in sol., 3—6 h.) is applicable to the sore throat; ulcerations about the eyes and nose; foetid breath; and pains in the bowels, with perspiration and diarrhoea.

Rhus tox. (in sol., 4—6 h.) is highly important at the close of the febrile stage and during the eruptive stage.

Stramonium (in sol., 3—4 h.) should be given if there be loquacious delirium at the time the eruption ought to appear, but does not.

Sulphur (in sol., 6 h.) is especially needed when the pustules begin to fill, and for the itching during the drying stage.

Tartarus emeticus (in sol., 3—6 h.) is useful if there be drowsiness with gaping; coolness and clamminess of the skin; or sickness of stomach when the eruption ought to appear.

Thuja occidentalis (in sol., 12 h.) is said to be very useful in the commencement of small pox, and to prevent the disfiguring marks.

Varioloid.

Varioloid is a disease which is produced by the action of small pox on a system that is partially protected by inoculation or vaccination. It is much milder in its course, and shorter in its duration than genuine small pox, and but seldom leaves any marks on the skin. The treatment is essentially the same as in small-pox, except that it is less energetic.

Erysipelas. St. Anthony's Fire. Rose.

This is a very common affection, and may attack any portion of the person; usually, however, the parts that are exposed to

the air are most liable to it; hence erysipelas of the face is by far the most common form.

The attack is generally preceded, for a longer or shorter time, by fever and other signs of constitutional disturbance, and the intensity of these mostly bears some relation to the severity of the attack. The first local symptoms, a circumscribed redness of some part of the surface, with swelling, tension, pain, and heat.

The redness is restricted to a small space at first, to the tip of the nose for instance, in many cases of erysipelas of the face; whence it spreads centrifugally over a greater or less surface, forming a patch with very irregular margins. The shade of red often varies in the course of the disease, but the surface always presents a shining appearance. When pressed upon by the finger, the redness disappears, and immediately returns again when the finger is withdrawn.

The pain is not often very acute, but is annoying, and frequently accompanied by troublesome itching; and the sense of heat is at times pungent and scalding. The least contact aggravates the pain.

About the third or fourth day small blisters, filled with yellowish serum, frequently make their appearance on the affected part; these burst sooner or later, and the surface becomes covered with a crust.

The fever, sickness and other constitutional symptoms accompanying the disease are sometimes very severe. Not unfrequently the disease leaves one part and appears in another, changing about many times before it finally disappears.

The most favourable and most common termination of erysipelas is by resolution. The inflammatory symptoms gradually subside; the redness changes to a yellowish hue, and the cuticle comes off either in the form of a whitish scurf, or in shreds of larger size. It may terminate by the formation of abscesses, or by gangrene.

When erysipelas attacks the face, the swelling is often so great that the features cannot be distinguished, and violent cephalalgia, delirium, and in some instances meningitis super-

venes. When the face and scalp are both attacked, the disease becomes very serious and requires the utmost attention and discrimination in its management.

Erysipelas may occur in persons of all ages, though there undoubtedly exists in some persons, from the frequency with which they are attacked, a particular constitutional predisposition. It is excited by derangement of the digestive organs, exposure to cold, the use of stimulating articles of food, such as lobsters, oysters, clams and other shellfish; powerful mental emotions may also occasion it. The most common exciting cause, however, is indulgence in spirituous and fermented liquors; and consequently we find the intemperate, and those persons who are accustomed to the daily use of alcoholic potations, are especially liable to it. A scratch of a pin will sometimes cause in such persons erysipelas very difficult of cure.

Treatment.—The following are the principal remedies in the treatment of the most common forms of erysipelas: Aconite, Belladonna, Bryonia, Rhus toxicod., Pulsatilla, Arsenicum, Lachesis and Sulphur.

Aconite (in sol., 4—6 h.) is indicated in cases attended by much fever, with hot, dry skin, thirst, &c.

Belladonna (in sol., 4—6 h.) in erysipelas accompanied with acute shooting pains, heat and tingling; the redness commencing in a small spot and extending in rays; swelling. It is particularly valuable in facial erysipelas, with burning heat; excessive swelling, so that the eyes are closed, and the features can scarcely be recognized; headache; thirst; hot, dry skin; restlessness and delirium. In some violent cases it may be requisite to give Rhus tox. or Lachesis in alternation with Belladonna.

Bryonia (in sol., 4—6 h.) will be useful when the disease attacks the joints, and the pain is increased by the least movement. Sulphur is sometimes required after Bryonia.

Rhus toxicod. (in sol., 4—6 h.) is the main remedy in vesicular erysipelas, and is also useful when there is extensive, watery (œdematous) swelling; Hepar, Sulphur, and Graphites,

are also beneficial in this form of the disease. The cure will be facilitated in some instances by giving *Belladonna* and *Rhus tox.* alternately.

Pulsatilla (in sol., 4—6 h.) is efficacious in vesicular erysipelas after *Rhus tox.*; it is also particularly valuable in erratic or wandering erysipelas (when the redness disappears in one place, to reappear in another), and the skin is more of a bluish red. This remedy has also been recommended in erysipelas of the internal or external ear; and also when the attacks are excited by some particular articles of food, in persons predisposed to the complaint. *Bryonia* and *Rhus tox.* are also useful in cases of this kind.

Arsenicum (in sol., 4—6 h.) will be serviceable when the erysipelas assumes a blackish hue, with a tendency to gangrene, accompanied by great prostration of strength.

Carbo vegetabilis (in sol., 4—6 h.) may in some instances be advantageously alternated with *Arsenicum*. *Lachesis* and *Rhus toxicod.* also deserve attention in this form of the disease.

Hepar, *Mercurius vivus*, and *Phosphorus* (in sol., 6—12 h.) are of importance when the erysipelas terminates in abscess. *Arsenicum* and *Sulphur* (in sol., 6—12 h.) in cases terminating in ulceration. And in some of the chronic forms of the complaint, *Acidum nitricum*, *Graphites*, *Silicea*, *Sulphur*, and *Hepar sulph.* (in sol., 12—24 h.) will prove serviceable.

To allay the itching and acrid heat of erysipelas, which is sometimes intolerable, cotton wool may be laid upon or wrapped round the affected part, or powdered starch may be dusted over the surface. Greasy applications and washes of every kind should be prohibited, as they almost invariably aggravate the disease, and may prove highly dangerous by suddenly repelling the eruption.

Persons subject to this complaint should live temperately, abstain from all kinds of stimulating beverages, and highly seasoned food, and take plenty of exercise, make frequent use of the bath, and drink cold water plentifully; by persisting in this course, the predisposition to the disease may in many instances be overcome.

Itching of the Skin.

This is usually a symptom of some other disease by which we may be guided in the choice of a remedy. If, however, the itching appears to be the only or chief symptom, try to alleviate the irritation by brushing the whole body; if this does not answer, by washing with warm water; and lastly, use water and soap. If this does not remove it, take Sulphur (dry) internally. When it is worse in particular places, and you cannot keep from scratching them until they bleed, rub these parts with fresh olive oil, so as to moisten the skin in the first place, and then dry it again by rubbing it slowly. When the itching is more troublesome at night, wash the parts in the evening with brandy; when the whole body is affected, or when females or children suffer in this way, take starch or wheat flour and powder the skin thickly with it. In cases where none of these things give relief, take Camphor and mix it with the starch, or wash the parts with water in which Camphor previously dissolved in spirits has been mixed.

Many kinds of itching may be quickly cured by medicines; for instance, if it always commences when undressing, *Nuxvomica* or *Arsenicum* will generally relieve it; when it is very troublesome after getting into bed, as if caused by flea-bites, and when scratched moves from one place to another, give *Ignatia*. When it does not commence until the patient has become warm in bed, *Pulsatilla*; if this does not answer, *Mercurius vivus*, particularly when it continues the whole night; if not relieved, give Sulphur a couple of days after, and later, *Carbo vegetabilis*; when the itching is accompanied by intense burning, give *Rhus toxicod.*, and afterwards *Hepar*; when scratching produces a great deal of bleeding, give *Mercurius vivus* and Sulphur, alternately, every week, until better.

Itch. Psora. Scabies.

This loathsome disease is occasioned, according to the universal belief of all the best modern writers on skin diseases, by the presence beneath the scarf-skin of a small, almost microscopic

animal of the mite kind. The portions of the skin chiefly frequented by this vermin are between the fingers, on the wrists, toes, and ankles, where it causes a vesicular eruption, and small tracks are observable running from these vesicles at the further end of which the insect may be detected, and extracted by a skilful operator. There is also a general eruption over the rest of the body, produced by the scratching of the patient, for the itching all over the skin that accompanics the presence of the itch insect in any part of it is so intense, that no patients can refrain from the luxury of scratching to an inordinate degree. The itching is greatly increased at night in bed, and by the use of alcoholic drinks.

The disease is very readily communicated from one person to another, and infection seems to take place by means of the vermin on which the disease depends being transferred from one individual to another.

Treatment.—The object of treatment must evidently be to destroy the vermin whose presence keeps up the disease. For this purpose it is not necessary to rub the whole body over with medicinal ointments containing sulphur or mercury. The sudden suppression of the cutaneous disease by such means is often followed by very disagreeable symptoms. It is only requisite to apply the vermin-destroying agent to those portions of the skin where alone the insect exists. Various substances are capable of producing the desired result. One of the most efficacious of these is a mixture of flowers of sulphur and spirits of wine, which may be rubbed twice a day on the hands, wrists, feet, and ankles; or wherever else the tracks of the itch insect can be discovered. But it is not necessary to use sulphur at all for the destruction of the vermin, for the same object may be attained by rubbing on the above parts, plain unsalted lard, olive oil, cold cream or soft soap. The friction should be performed by means of a hard hair brush, in order to break open the tracks or small canals in which the vermin lurks. After the vermin is thus destroyed, the general eruption over the body will gradually subside, more speedily if assisted by a few doses of Sulphur (in sol.,

12 h.). The patient should also take several tepid baths, and change the bed and body-linen frequently until he is quite cured.

In cases where the general eruption has been suddenly suppressed by the use of external applications and disagreeable symptoms have ensued, give a few doses of Sulphur or Arsenicum (in sol., 12—24 h.).

Crusta Lactea. Milk-scab. Milk-crust.

This is mostly an affection of young infants, and is characterized by an eruption of numerous small white pustules, appearing in clusters upon a red ground. They generally make their appearance first on the face, particularly the cheeks and forehead, from whence they sometimes spread over the entire body. In a short time they become yellow or dark coloured, burst, and form thin yellow crusts.

The eruption is often attended by considerable redness and swelling of the surrounding parts, and with troublesome itching, which renders the child exceedingly restless and fretful, and causes it to rub the affected parts constantly, by which the scabs are torn off, and the disease is aggravated.

Treatment—Aconite, Rhus toxicod., Sulphur, Hepar sulph., and Arsenicum are the chief remedies.

Aconite (in sol., 8—12 h.) should be administered first, when the eruption is surrounded by redness and inflammation of the skin, and the patient is very restless and uneasy.

Rhus toxicod. (in sol., 8—12 h.) may follow Aconite, if after the lapse of a few days the eruption appears to be but little improved.

Sulphur (in sol., 12—24 h.) will be beneficial after Rhus toxicod. when the latter fails to produce a favourable change, or when the improvement progresses but slowly. These two remedies may be administered alternately in many cases with great advantage.

Hepar sulphuris and Arsenicum will be found useful in obstinate or complicated cases.

Lycopodium, Sepia, and Graphites may also be serviceable in tedious cases.

Scald Head. Tinea Capitis. Ringworm of the Scalp.

This disease is characterized by circular red coloured patches, covered with numerous small yellowish points or pustules, which do not rise above the level of the skin. These pustules soon break, and form thin scabs. The patches frequently unite with adjacent patches, and assume an irregular and extensive appearance, and sometimes cover the whole head. These incrustations by accumulation become thick and hard, and when removed, the surface beneath is left red and glossy, but studded with slightly elevated pimples. By the long continuance of this eruption the hair is frequently destroyed. Tinea capitis is commonly found in children from the age of two years to that of puberty; it is not confined to the scalp, but appears on the face, neck, and other parts of the body, and in such cases is less difficult to cure than when located in the scalp.

Treatment.—This disease is often extremely obstinate; this is especially the case when it has been neglected in the commencement, or treated with washes and unguents, the only effect of which has been to aggravate the complaint, and render the cure much more difficult when proper means are resorted to.

The chief homœopathic remedies are; Rhus toxicod., Staphisagria, Dulcamara, Bryonia, Hepar sulph., Arsenicum, Mercurius, Antimonium crudum, Calcarea carb., Sulphur, Graphites, Sepia, and Lycopodium.

Rhus toxicod. will generally be the most appropriate remedy with which to commence the treatment, and under its action the disease will often undergo a favourable change.

Sulphur may follow Rhus, should the eruption become dry and begin to exfoliate.

Staphisagria, should it become moist and offensive, attended with violent itching, followed by Rhus again.

Sepia, in cases of ringworm when the eruption takes an annular form and causes thick scabs upon the head, which when removed display a red, irritated, and exuding surface.

Arsenicum must be given, if notwithstanding the administration of the above remedies, the disease becomes worse, with cor-

rosive discharge, or formation of ulcers ; after the action of which Rhus will frequently produce a salutary effect.

Should the foregoing remedies be insufficient to effect a cure, it will be requisite to resort to the use of

Hepar sulph., especially when the disease extends to the forehead, face and neck, or when the eyes and eyelids become red and inflamed ; or

Bryonia, when the glands of the neck and throat become swollen, red and painful, or if they are swollen and hard without being painful, Dulcamara.

Antimonium crudum, in the third trituration, given once a day for several days, will frequently have a salutary effect, especially when a thick scab is formed on the head, and the eruption extends over the entire face, with itching of the whole body.

In protracted cases of the disease, Calcarea carb., Lycopodium, Sulphur, and Graphites will often prove serviceable. Benefit will often result from the alternate administration of two or more of the remedies.

In relation to the administration of the remedies, a dose (dry) may be given in the commencement once a day, or every other day, until symptoms of improvement occur, after which it must be discontinued as long as the improvement continues, and only renewed when the favourable symptoms become stationary, or the disorder appears to be getting worse. When no improvement follows the administration of a remedy, after waiting for its action for several days, another must be selected. In cases of long standing, the intervals between the repetition of the doses should be lengthened considerably, and not more than one or two doses given in a week.

Until the disorder is removed, the strictest attention should be given to cleanliness ; the head should be gently sponged with tepid water twice a day, the hair kept closely trimmed, and the homœopathic rules of diet closely adhered to.

Ringworm. Herpes Circinnatus.

This is a common affection with children, and consists of an eruption of small circular rings of red spots, the skin within the

ring having a natural appearance at first, but it subsequently becomes rough, of a reddish hue, and scales off as the eruption dies away.

The disease generally appears on the face, neck, arms, and shoulders, and frequently disappears of itself after two or three weeks' duration.

Sepia: A dose or two of this remedy (dry) will sometimes remove this affection. Should it fail, the alternate administration of Rhus tox. and Sulphur (dry) every four or five days will mostly prove effectual.

Calcareo, Causticum, Natrum muriaticum, and Sulphur, are also recommended in obstinate cases.

Boil. Furunculus.

A boil consists of a hard, round, or rather a cone-shaped tumor, which inflames slowly, and suppurates: the matter discharged being at first mixed with blood, and afterwards composed of pus, or morbidly altered cellular membrane, a portion of which is generally formed into a rounded hard mass, called a core.

Some persons have a peculiar constitutional predisposition to these troublesome tumors; they also frequently follow after acute fevers, eruptive diseases, itch, &c.

Treatment.—Arnica, Aconite, Sulphur, Hepar sulph., and Belladonna are the chief remedies.

Arnica (in sol., 12 h.) is in the majority of instances the best remedy, and will speedily cause an abatement of the swelling and inflammation, and frequently prevent their recurrence.

Sulphur (dry) will be useful in cases where there is a strong predisposition, and frequent return of this affliction. By giving Arnica while the boil is inflamed and swollen, and a dose of Sulphur occasionally, after it has healed, this predisposition will be gradually removed.

Aconite (in sol., 6—12 h.) will be advantageous, if the boil be highly inflamed, and attended with a good deal of fever, restlessness, &c.

Belladonna (in sol., 6—12 h.), if it presents a fiery-red or

erysipelatous appearance, or if it be attended by swelling of the glands under the arms, or in the groins, with fever, hot, dry skin, thirst, and headache.

Hepar sulph. (in sol., 12 h.) will be useful in cases where the suppuration is profuse.

Mercurius vivus (in sol., 12 h.), after Hepar, in similar cases to that remedy when it has been insufficient; and also when the swelling remains after the use of the other remedies.

Carbuncle. Anthrax. Malignant Furunculus.

The carbuncle resembles in some respects the furuncle. It is a deep seated, circumscribed, hard, and excessively painful swelling, of a livid hue, and attended by great itching, and burning heat. It differs from furuncle in having no central *core*, and in terminating in sloughing instead of suppuration. At the commencement, it is usually attended by symptoms of inflammation; but these are soon succeeded by vesications containing an acrid offensive fluid, which is discharged through numerous pores, occupying every part of the tumor, and communicating with cavities in a state of mortification.

The disease is generally accompanied by constitutional symptoms, such as fever, nausea, loss of appetite, great prostration of strength, and inability to sleep, in some cases to such a degree as to destroy the patient.

Recovery generally takes place from this affection, after the patient has experienced a great deal of suffering. When seated on the head, carbuncle is apt to prove fatal.

Treatment.—In the commencement of this complaint, poultices of bread and milk, yeast, or lintseed meal should be applied, and continued until vesications appear on the surface. Internally the following medicines will be most efficient: Lachesis, Hepar sulph., Silicea and Arsenicum.

Lachesis (in sol., 6—8 h.) should be administered when the carbuncle becomes bluish or livid, and extends rapidly.

Hepar sulph. (in sol., 6—8 h.), when extensive cavities are formed, and the discharge is profuse and purulent.

Silicea (in sol., 6—8 h.), if administered from the commencement, will frequently effect a cure ; it will also be beneficial after Hepar.

Arsenicum (in sol., 6—8 h.) will be indicated, when the patient becomes very weak, and symptoms of gangrene are presented.

Chilblain. Pernio.

This is a common inflammatory affection resulting from cold, or of a sudden transition from cold to heat. It generally attacks the feet, but is also frequently found on the hands, ears, nose, &c. The skin at first becomes pale and shrivelled ; this condition, however, is speedily succeeded by redness, swelling, more or less pain, and itching ; in severe cases the skin assumes a purple hue, the itching becomes intolerable, a serous fluid collects beneath the cuticle, and is soon discharged, leaving an ill-conditioned sore, which often penetrates to the bone, and is exceedingly difficult to heal.

This affection prevails most in moist and temperate climates, and often disappears spontaneously in summer and returns regularly in winter. Persons who have once suffered from it are very liable to its recurrence.

Treatment.—The mild forms of this complaint may frequently be cured by applications of ice water or snow. They should, however, be used with caution, and are not at all adapted to gouty or phthisical persons, or to delicate females. Covering the part with carded cotton will sometimes, in mild cases, effect a cure in a few days. Another excellent application is common gluc, prepared by boiling it with water until it becomes of a proper consistency, and then applying it *warm* to the affected part.

The medicines most beneficial in chilblains are : Pulsatilla, Phosphorus, Nux vomica, Chamomilla, Arsenicum, and Sulphur.

Pulsatilla (in sol., 12—24 h.) may be given when the skin

assumes a deep red, bluish or livid hue, and is attended by violent burning and itching.

Phosphorus (in sol., 12—24 h.), in cases similar to the above, when that remedy has been insufficient; and also after ulceration has begun. This remedy is almost specific in many cases of the complaint.

Nux vomica (in sol., 12—24 h.) is especially indicated when the inflammation is of a bright red colour.

Sulphur (in sol., 12—24 h.), after Nux vomica, when the latter has been insufficient.

Chamomilla (in sol., 12—24 h.), when, in addition to the itching and burning, there are acute pains in the affected part.

Arsenicum (in sol., 12—24 h.), after or alternately with Chamomilla, for the acute, burning pains; also for the irritable ill-conditioned ulcers which sometimes occur.

When the parts become ulcerated, they should be dressed with water compresses (wet rags covered with oiled skin), until the parts are completely healed.

Whitlow. Paronychia. Panaris.

Whitlow is an affection of very frequent occurrence, and an exceedingly severe one. It usually commences in the extremities of the fingers, in the form of a small abscess, and sometimes extends upward, gradually involving the whole hand and forearm. The toes are also occasionally attacked by this disease.

The affection usually commences with a pungent, throbbing, deep-seated pain in the end of the finger, which is soon succeeded by considerable swelling.

The pain increases rapidly, and becomes so intense that in many instances the patient is deprived of sleep for days and nights together.

Suppuration takes place very slowly, and the disease may continue for months, and frequently destroys one or more of the small bones of the fingers.

Whitlow is generally the result of some local injury, such as

pricking the finger with a needle or splinter. Often, however, its cause is entirely unknown, and is referable to some constitutional taint.

Treatment.—Poultices of bread and milk, lintseed meal or yeast, sometimes give relief, and are always useful in softening the skin. Applications of *warm* soft soap, or common brown soap, to the affected part, will occasionally remove the pain and swelling in a very short time. The following medicines, however, are chiefly to be relied on for the cure of the complaint: Mercurius vivus, Hepar sulph., Causticum, Silicea, Arsenicum, Carbo vegetabilis, and Sulphur.

Mercurius vivus (in sol., 6—12 h.) should be given in the commencement, and will often prevent the disease from going on to suppuration. Sulphur, taken immediately after or alternately with Mercurius vivus, will frequently act beneficially.

Hepar sulph. (in sol., 6—12 h.), when the above remedies are insufficient to check the disease, and the pain becomes violent, with throbbing and increase of the swelling. Causticum will often be found efficacious after Hepar.

Silicea (in sol., 6—12 h.), administered alternately with Hepar, when the pain is intense, and the swelling continues unabated, will frequently prove serviceable.

Lachesis (in sol., 6—12 h.) in cases when the affected part is of a deep red or bluish colour, with violent pain and swelling.

Arsenicum and Carbo vegetabilis (in sol., 6—12 h.) should be given alternately, if the sore becomes angry looking or black, with burning pain.

Sulphur and Silicea (dry), administered alternately at intervals of six or eight days each, have been recommended in cases where there is a constant tendency to a return of the disease.

Causticum and Hepar are also useful in similar cases.

It may sometimes be necessary, after matter is formed, in order to relieve the sufferings of the patient, to lay open the parts freely with a knife.

Ulcer.

The *simple* ulcer is the result of some injury done to the sound part by a wound, bruise, abscess, or burn. It may occupy any part of the body, and is often met with in young and healthy persons. The surface of an ulcer of this kind presents a florid appearance, owing to the numerous, small, bright red pointed granulations which cover it in every direction. From the sore, there is constantly discharged a thick white pus without smell, and easily wiped away. An ulcer of this description will generally heal of itself in a very short time, provided the constitution is sound, and no additional injury is received; but this species of ulcer may become diseased, and assume an irritable or indolent character.

Irritable ulcers, although usually proceeding from local causes, are materially influenced by the state of the constitution and habits of the patient.

The edges of the sore are ragged, undermined, and sometimes serrated or notched. The parts around the ulcer for some distance are red and inflamed. Irregular hollows occupy the bottom of the ulcer, and contain a thin, greenish or reddish matter, which is acrid, and excoriates the adjoining skin. A white or dark red spongy mass is found in the place of the healthy granulations, which is extremely painful, and bleeds on the slightest touch. This disease is frequently found among epicures, large feeders and debauchees. When seated in the leg, which is a common occurrence, the patient suffers greatly from pain, which is most severe at night, and sometimes attended with spasms of the limb.

Ulcers of an *indolent* character are the most common variety, and are almost peculiar to filthy, dissolute and intemperate persons. The surface of this form of ulcers has a flat and shining appearance, and is covered with a whitish or dark gray colored crust, which is exceedingly tenacious. Occasionally the sore is dry or free from matter, but generally there is a profuse discharge of viscid cohesive fluid.

The edges of the ulcer are elevated, smooth and rounded, giving it the appearance of being deep and sunken. For a considerable distance around the ulcer, the parts are swollen and hard, and the whole limb enlarged.

In almost all cases, the leg is the seat of this kind of ulcer, and it is generally unattended by pain.

Varicose veins not unfrequently give rise to ulcers in the leg and thigh. They are generally seated on the inner side of the limb. The appropriate remedies for this variety of ulcers will be found under the head of "Varicose Veins."

Treatment.—In the treatment of a simple ulcer in a person of sound constitution, all that is necessary is to dress it with some mild and fresh ointment, spread on lint or on a fine linen rag to protect it from external injury, and prevent the evaporation of pus. Simple cerate is one of the best applications for this purpose. In some cases the dry lint alone will answer best, and in others cold bread and milk poultices are useful. The cold water dressing, linen rags dipped in cold water and applied to the ulcer, are beneficial in some cases. They must be kept moist by being frequently changed, or by covering them over with oiled silk or gutta pereha tissue.

When ulcers are of a long continuance, it is best to consult a homœopathic physician. They ought to be healed slowly, otherwise a different and more violent disease will be the consequence. Drying them up with vitriol, or white lead, or lead-water, is exceedingly dangerous.

When the pain is very violent, stinging and burning, it may often be relieved by keeping the part in an elevated posture, and applying cold water by means of rags dipped in it, and frequently renewed. Some very painful ulcers are only relieved by warmth, for the purpose of applying this a large poultice of bread and water or lintseed is the best. In unhealthy looking ulcers, with a tendency to sloughing, and when the pain is very violent and stinging, a poultice made with yeast and bread, will be found useful for cleaning the ulcer and allaying the pain.

Some old indolent ulcers of the legs are only to be cured by perfect rest or by tightly bandaging the limb from the toes upwards to above the ulcer, with strips of adhesive plaster.

For ulcers which burn badly, give Arsenicum; when they burn and smell offensively, Carbo vegetabilis; when they spread, and are surrounded by pustules or small ulcers, give Lachesis. These medicines may be given dry, once a day or every other day.

Ulcers on the toes, especially of old people, commencing with a blister, as if caused by a burn, are cured by Silicea; if, at the outset, there are blue black spots, by Arsenicum, especially if warmth is agreeable; but if warmth produces pain, Seeale corn. is most suitable. In all such cases, the use of salves containing white lead is very dangerous.

Ulcers around an old wart, or around corns and the like, may be cured by Antimonium crudum. Ointments of lead or mercury will dry them up speedily, but I have seen fatal consequences ensue as the result of such treatment.

Bad ulcers may be caused by the *toe nails growing into the flesh*. The common remedy is to cut the nail, and particularly on the side where it has grown in; the consequence of this is that the nail grows the faster there, and in a short time the patient is again in the same predicament. Cutting the nail should only be resorted to when it is of consequence that the patient should walk again immediately; when a little lint can be introduced with a dull penknife between the nail and the skin, it is to be preferred. A handy person may do this himself; soak the feet previously in warm water, which will facilitate the operation. When there is proud flesh, strew some finely powdered loaf sugar on it twice a day, and use the foot as little as possible, for a couple of days. At the same time scrape the nail in the middle with a sharp knife, and repeat this operation every day until it is as thin as possible. By this means the sides will heal much quicker, and the nail is more easily bent out, so as to introduce the lint between the skin and the nail. When the

edges of the nail are rough, scrape them smooth, but do not cut them.

The only means of curing this evil effectually is to cut the nail frequently, but not in the shape of the toe, so that the middle projects farthest, but the very reverse, leave the sides as they are, and cut the centre out as far as possible. This need not be done at once, but gradually; bathe the feet every week in warm water, and cut the nail as directed. The nail will, in consequence, grow more in the centre and less on the sides; if after some time, the edges project too much, a trifle may be cut off; when it injures the stockings, put a leather case over it. Not until after the expiration of a twelvemonth should the nail be allowed to grow out even again, but never cut it very deep or close at the sides, as this is generally the cause of the evil.

The soreness and inflammation arising from the growing of the nails into the flesh, will mostly disappear as soon as sufficient lint has been introduced between the nail and the flesh, the lint may, in addition, be moistened by water mixed with Tincture of Arnica. If this is not entirely effectual, or if the places are becoming ulcerated, *Nux vomica* (in sol., 12—24 h.), will act beneficially. *Causticum tinct.* has been found by some to be the most efficacious medicine, in the proportion of one drop to half an ounce of water; dip a linen rag into this dilution, and apply it three or four times a day; this will remove the proud flesh. If there is already a badly ulcerated sore, and the above remedies should not speedily afford relief, do not be induced to have the nail removed or split. This painful operation may always be avoided, if sufficient pains are taken. Enough may frequently be pared away by degrees to make the sore heal, particularly when homœopathic remedies are taken at the same time; among these the principal are: Sulphur, Arsenicum, Silicca and *Carbo-vegetabilis*.

Abscess.

A collection of purulent matter, contained in a preternatural cavity in some part of the body, the result of diseased action, is termed an abscess.

There are two kinds of abscess, the acute and the chronic; the former is preceded by sensible inflammation in the affected part, which is speedily followed by suppuration. A boil is a familiar illustration of an acute abscess. When suppuration is about to take place, the character of the pain becomes changed, and is more obscure and throbbing; the swelling is increased; and after the matter is formed, and when the abscess is near the surface, there is perceptible fluctuation. Rigors or chills are also among the first symptoms which denote the commencement of suppuration.

When the abscess is matured, the tumour *points*, or some part of the cutaneous surface over it—generally about the centre—becomes more prominent; the skin over this spot gradually becomes thin, and finally bursts and allows the contents of the cavity to be discharged.

If the abscess be large and the discharge profuse, and kept up for a considerable length of time, hectic fever, and other signs of constitutional disturbance, generally ensue.

Chronic abscess is generally unattended by any of the symptoms which precede the formation of the acute abscess. Frequently its existence is not suspected until the attention is called to it by the swelling arising from the approach of the matter to the surface.

Treatment.—The acute abscess should be poulticed with warm bread and milk, or lintseed poultices, and an occasional dose of Hepar sulph., or Mercurius vivus (in sol., 12—24 h.), administered for the purpose of hastening the process of suppuration. Opening the abscess with a lancet to evacuate the pus, will frequently shorten the period of the patient's sufferings, especially if it be extensive. The incision should be made at the most depending point, where this can be done with safety; when this is impracticable in consequence of the thickness of the parts between the matter and the skin, the most prominent part should be selected.

To accelerate the healing after the matter is discharged, a few doses of Hepar or Sulphur (in sol., 12—24 h.) may be given;

or, if the suppuration should continue for a considerable length of time, Silicea (in sol. 12—24 h.). When there is induration, an occasional dose of Mercurius vivus will be useful.

In chronic abscess, the matter should always be evacuated as early as possible by means of the lancet, to prevent a large accumulation, and avoid the constitutional disturbance so likely to ensue from the inflammation following the bursting of the abscess.

The opening should be small, and at the most depending part of the abscess. The medicines most useful in preventing or removing unpleasant symptoms, are Mercurius vivus and Hepar, or in some cases Silicea, Calcareo, and Phosphorus (all in sol., 12—24 h.).

For induration and swelling of the lymphatic glands, situated in the neck, and under the chin and ears, Mercurius vivus, Dulcamara, Calcareo carbonica, (all dry, 24—48 h.), &c., are the principal remedies.

Corns.

Corns generally arise from some constitutional taint, as is evident from the fact that many persons who wear tight boots and shoes escape having them, while others are constantly troubled with them, notwithstanding every precaution may be used.

This being the case it is manifest that we should endeavour to eradicate the predisposing cause by a judicious application of internal remedies. The most useful medicines in effecting this object are: Antimonium crudum, Phosphorus, Rhus toxicod., Bryonia, Lycopodium, Sepia, Phosphoric acid, and Sulphur (all dry, 24—48 h.).

Relief of the suffering may always be obtained, and the corns sometimes permanently cured, by bathing them frequently with a weak solution of Arnica tinct. in water, after previously bathing the feet in warm water and paring the corns closely.

The Arnica Plaster, prepared by the homœopathic chemists, is one of the most valuable remedies for corns.

Warts.

There is always some risk attending cauterizing or cutting warts, for although it may frequently be done without apparent injury, dangerous consequences sometimes ensue, especially to children and old people. They will very frequently disappear; when fleshy or seedy, after *Causticum* or *Natrum muriaticum*; when they are flat, hard and brittle upon taking *Antimonium crud.*; when upon the back of the fingers, *Dulcamara*; when on the sides, *Calcarea carb.* (all dry, 24—48 h.).

Bed Sores.

These may frequently be prevented by placing an open vessel filled with water under the bed of the patient, renewing the water every day; or by bathing the red spots that threaten to become sore with brandy. Wetting the sore places with very cold water, or applying wet rags, accelerates the healing. When water alone will not effect a cure, dissolve in it a few drops of *Arnica tincture*; and if there appear to be danger of mortification, give *China* (in sol., 6—12 h.), and wash the spots with the same medicine dissolved in a little water, and a day or two afterwards, wash with diluted *Arnica tincture*. When the wound is large, apply scraped sweet carrots to it.

CHAPTER XIV.

GENERAL DISEASES.

Gout. Arthritis.

THIS disease is usually seated in the joints of the feet, and is characterized by an intense burning or scalding pain, with a feeling as if the joints were dislocated. The affected part becomes excessively hot, red, and swollen. The attacks are usually preceded for a day or two by more or less gastric disturbance, and almost always come on in the evening, or at night.

It is difficult to cure the gout, but the pain may at least be

mitigated. The complaints, inevitably produced by the common treatment with mercury, calomel, valerian, digitalis, colchicum, or the fatal drug opium or laudanum, and other so-called harmless medicines, destructive of human health, are prevented by homœopathic treatment, and the patient is likewise spared the many tortures of external applications.

In wine and brandy drinkers, the first attack may be alleviated by *Nux vomica* (in sol., 4—6 h.); for violent fever, give *Aconite* (in sol., 2—4 h.), which may also be given, after other remedies have been used, particularly *Sulphur*. When the pain in the joints resembles that of a sprain, with redness, dread of being touched, an uncomfortable feeling, as if whatever the limb rested on was too hard for it, *Arnica* (in sol., 4—6 h.); when the attack has been much mitigated in violence by *Aconite* or *Arnica*, but the joint (especially of the great toe) continues painful and red, give *Colchicum* (in sol., 4—6 h.); when the redness spreads very much, and is very deep, *Belladonna* (in sol., 4—6 h.); when the pain flies quickly from one joint to another, and relief is felt when the limb is uncovered, give *Pulsatilla* (in sol., 4—6 h.); when the pain is mitigated upon covering the limb, and the patient is very weak and much reduced by the disease, give *Arsenicum* (in sol., 6—8 h.); when the face is very pale and haggard, the pain stinging and tearing, worse during the night, and when the limbs must continually be moved from one place to another, *Ferrum*, or *Rhus tox.* (in sol., 4—8 h.); when worse from being moved, *Bryonia* (in sol., 4—6 h.); worse from being touched, *China* (in sol., 4—6 h.); when the complaint is attended with nausea and a white coated tongue, give *Antimonium crudum* (in sol., 6—8 h.), and afterwards, if necessary, one of the other remedies. When the attacks return at every change of weather, give *Calcarea* (dry, 24—48 h.); if the complaint becomes protracted, always give *Sulphur* (dry, 24—48 h.), and if worse again, *Aconite* (in sol., 12—24 h.); if the limbs remain stiff afterwards, give *Colocynthis* (dry); if they are stiff from old gouty swellings, give *Causticum* (dry), morning and evening, and repeat it once a week for four or five weeks.

Rheumatism. Rheumatismus.

This disease presents itself under two distinct forms—the acute and the chronic—so distinct, that some writers have questioned the propriety of considering them varieties of the same disease, or whether the former ought not to be considered a genuine gout, and the latter a form of neuralgia.

Acute Rheumatism. Rheumatismus Acutus.

Acute rheumatism usually commences with the ordinary signs of fever, as restlessness, alternating heat and chilliness, thirst, coldness of the extremities, constipation, &c.; after which the pyrexia is developed, and the febrile symptoms sometimes rise exceedingly high, the skin being very hot, and the pulse greatly accelerated, beating occasionally as high as 120 times in a minute. There is from the beginning more or less pain or stiffness in the larger joints, which soon increases to acute pain, so that any attempt to move the joints causes the severest suffering. The affected parts are generally red, swollen, and extremely painful to the touch. Occasionally, however, the pain is excessive, and there is little or no evidence of inflammation. The pain is almost always worse during the night. Profuse sweating of an acid odor is also a frequent accompaniment of the disease.

This disease usually affects the larger joints of the extremities, and but rarely confines itself to one; sometimes almost all the joints of the extremities being implicated, so that the patient is unable to move from the position in which he may be placed. It frequently happens in the course of the disease that it leaves one joint almost entirely, and shifts its seat to another, during which transition there is some remission of the pain. The heart is also frequently implicated, and when this takes place, the disease assumes a more serious character. If there should be a remission of the pain, soon followed by dyspnoea, anxiety, jerking, or feeble and rapid pulse, and acuto pain in the region of the heart, together with the physical signs, it may be inferred

that there has been a translation of the disease to that organ, and the treatment should be modified accordingly.

The muscular, fibrous, nervous, and synovial structures are chiefly the seat of this disease.

The character and seat of the pain will generally lead to an accurate diagnosis.

Causes.—Exposure to cold, sitting in a draught, sleeping in damp sheets, remaining long in wet clothes, or indeed any exposure of a part of the body to cold and moisture, especially when other parts are protected against it, or when the body is in a state of active perspiration. There would also seem to be some predisposition to it in organization, as person whose parents have suffered from acute inflammatory rheumatism are the most liable to be attacked by it. It may also follow the repercussion of eruptions, or the stoppage of a long continued flux, &c.

Treatment.—The following medicines have been found most efficacious in the treatment of this complaint:

Aconite, Arnica, Belladonna, Bryonia, Chamomilla, Hepar sulph., Lachesis, Mercurius vivus, Pulsatilla, Rhus toxicod., China, &c.

Aconite (in sol., 2—4 h.) is mostly indicated in the commencement, and especially when there is high fever, dry, hot skin, thirst, and redness of the cheeks; violent shooting or tearing pains, worse at night; redness, or shining swelling of the part affected; the pains are aggravated by the touch; extreme irritability of temper.

Belladonna (in sol., 4—6 h.) will be useful when the pains are seated chiefly in the joints, and are shooting or burning in their character; worse at night and on movement; excessive swelling, and shining redness of the affected part; fever with determination of blood to the head and redness of the face; hot skin and thirst.

Arnica (in sol., 4—6 h.), when the joint feels as if bruised or sprained; hard, red, and shining swelling; sensation in the part affected as if it were resting on some hard substance; feeling as

if paralyzed, and crawling in the affected part; the pains are aggravated by the least motion of the limb.

Bryonia (in sol., 4—6 h.), if there be shooting, tearing, or tensive pains; shifting pains which affect the muscles rather than the bones; red and shining swelling, and rigidity of the parts affected; the pains are worse at night, and on the least movement; profuse perspiration, or coldness and shivering; much heat with headache and gastric derangement; peevish or passionate temper. This remedy is often particularly suitable after or in alternation with *Aconite* or *Rhus toxicod.*

Chamomilla (in sol., 4—6 h.), when there are drawing or tearing pains, with a sensation of numbness or of paralysis in the parts affected; the pains are aggravated at night; fever with burning; partial heat preceded by chilliness; hot perspiration; desire to remain lying down; great agitation and tossing.

Mercurius vivus (in sol., 4—6 h.), for shooting, tearing, or burning pains, which are aggravated at night, especially towards morning, and by the warmth of the bed, or exposure to damp or cold air; puffy swelling of the affected parts; the pains seem to be seated in the bones or joints; profuse perspiration without amelioration of the sufferings. *Lachesis* is often serviceable after *Mercurius vivus*.

Rhus toxicod. (in sol., 4—6 h.), against tearing and burning pains, or wrenching pains, with a sensation of paralytic weakness and crawling in the affected limb; red and shining swelling of the joints, with rigidity and shootings when touched; the pains are worse during rest, and in cold or damp weather. *Rhus toxicod.* is often suitable after or alternately with *Aconite*, *Arnica*, or *Bryonia*.

Pulsatilla (in sol., 4—6 h.) is serviceable when the pains are aggravated in the evening, or at night in bed, and also in a warm room, or on changing the position; pains which pass quickly from one joint to another; sensation of torpor and paralysis in the parts affected; the pains are relieved by exposure of the part to the cold air; paleness of the face and shivering.

China (in sol., 4—6 h.) is suitable against pains which are aggravated by the slightest touch; profuse perspiration; great debility, especially from loss of blood.

Hepar sulph. and Lachesis (in sol. 6—12 h.) are frequently serviceable in protracted cases, after other remedies which appear to be adapted to the case, have been given without much benefit.

When a translation of the disease to the heart takes place, Aconite, Arsenicum, Belladonna, Spigelia, and Sulphur (in sol., 4—6 h.) will be found most efficacious. For the stiffness which remains after the subsidence of the more violent symptoms, Colocynthis and Nux vomica (in sol., 12—24 h.).

Chronic Rheumatism. Rheumatismus Chronicus.

In this form of rheumatism the pain is usually fixed in the part, but is not accompanied by fever, swelling, nor redness, as in acute rheumatism. The affected limbs in process of time lose their power of motion, and lameness results; the muscles, too, usually become atrophied from the disease and disuse, and the affected limbs will consequently be found on examination to be smaller than the sound ones. Permanent contraction of the limbs sooner or later takes place, and at times ankylosis of the joints.

Causes.—Chronic rheumatism is induced by the same exciting causes as the acute.

Remedies.—Sulphur, Lycopodium, Causticum, Hepar sulph., Lachesis, Phosphorus, and Veratrum are the principal.

The remedy selected should be repeated at long intervals—not oftener than once or twice a week—and after having been continued for three or four weeks, if no benefit result, another should be selected and given in the same way.

For rheumatic pains which are excited or aggravated by the slightest chill, Aconite, Bryonia, Calcaria carb., Dulcamara, Mercurius vivus, and Sulphur are the best from which to make a selection.—When the attacks are excited by bad weather, Calcaria carb., Dulcamara, Rhus toxicod., Lycopodium, and

Hepar sulph. When every change of weather causes a relapse, Calcarea carb., Silicea, Sulphur, Dulcamara, Rhus toxicod., and Lachesis are generally most efficient.

Lumbago. Lumbago Rheumaticus.

Diagnosis.—A deep seated violent pain in the loins, sometimes attended with very acute symptoms, although rarely accompanied with the same phenomena as inflammatory rheumatism. There is no swelling or redness of the lumbar region. The most excruciating pain is induced by any change of posture, and it is difficult to move any part without increasing the sufferings.

Remedies.—Aconite, Bryonia, Nux vomica, Rhus tox., Belladonna, Pulsatilla, and Mercurius vivus are most serviceable.

Aconite (in sol., 3—6 h.) must be given at the commencement, especially if the disease be accompanied by much fever.

Bryonia (in sol., 6—8 h.), when the pains in the back are exceedingly severe, compelling the patient to walk in a stooping posture, aggravated by the least motion or draught of air, and attended with a sensation of general chilliness.

Nux vomica (in sol., 6—8 h.) is especially indicated when the part affected feels as if bruised, or as if caused by excessive fatigue; and when motion, and particularly turning in bed at night aggravates the pain; also when accompanied by weakness, constipation, and irritable temper.

Rhus toxicod. (in sol., 6—8 h.), when the pains are similar to those described under Nux vomica, but are aggravated by rest.

Belladonna (in sol., 6—8 h.) may follow or alternate advantageously with Aconite, particularly when the pains are deep seated, and cause a sensation of heaviness, gnawing, or stiffness.

Pulsatilla (in sol., 6—8), when the pains resemble those mentioned under Nux vomica, especially when occurring in females, or persons of a mild disposition.

Mercurius vivus (in sol., 6—8 h.) against pains like those described above, but which are aggravated at night.

Sciatica. Neuralgia Sciatica.

This affection, like lumbago, may be acute, but it is more frequently chronic. It is characterized by severe pain in the region of the hip joint, which shoots down the back of the thigh along the course of the sciatic nerve to the ham, and sometimes extends to the foot, and is accordingly neuralgic in its character.

Causes.—The same as in other forms of rheumatism.

Remedies.—Aconite, Colocynthis, Rhus toxicod., Nux vomica, Ignatia, Chamomilla, and Arsenicum.

Aconite (in sol., 3—6 h.) in the beginning when attended by fever.

Colocynthis is particularly useful in this affection, especially when seated in the right hip, and excited by a fit of anger.

Rhus toxicod. (in sol., 6—8 h.), when the pains are aggravated by rest, and better by motion or warmth.

Nux vomica (in sol., 6—8 h.), when the pain is attended by a sensation of stiffness or contraction of the limb; also when a feeling of paralysis or torpor with chilliness is experienced in the affected part.

Ignatia (in sol., 6—8 h.), against cutting pains, particularly on moving the limb.

Chamomilla (in sol., 6—8 h.), when the pains are worse at night, and attended with excessive sensitiveness.

Arsenicum (in sol., 6—8 h.), in cases where the pains are acute and dragging, with a sensation of coldness in the part affected; also when the pains are periodical. It is also useful in cases attended by emaciation.

Crick in the Neck.

This is a very painful species of rheumatism, affecting the muscles of the neck. It is generally occasioned by exposure of the part to a draught of air, and sometimes by turning the head suddenly round.

Remedies.—Aconite, Belladonna, Coeulus, and Bryonia.

Aconite followed by or given alternately with Belladonna, will generally effect a cure. Should they be insufficient, Coeulus or Bryonia, will mostly suffice. (All the remedies may be given in sol., 4—6 h.).

Cramp in the Limbs.

Cramp in the calves of the legs, the soles of the feet, and in other parts of the body, frequently disturbs the patient in his sleep; sometimes it is troublesome during the day. The best means of obtaining relief during an attack, is to press the part affected firmly against the bedstead or the wall, or to press and squeeze it with the hands. Those subject to cramp in the legs in bed, will often escape it if they have their bed made in a slight incline, so that the whole body shall slope downwards towards the foot of the bed.

The remedies best calculated to remove the disorder are: Veratrum, Sulphur, Colocynthis, Rhus toxicod., Cuprum, Lycopodium, and Sepia.

Veratrum (dry), taken at night, before going to bed for a few nights, will generally overcome the predisposition to the complaint. Should it, however, be insufficient to prevent the return it may be succeeded by Sulphur or Colocynthis taken in the same way.

Rhus toxicod. (dry) will be found useful in cramps which occur during the day, especially while sitting, as well as in those which come on at night.

Cuprum (dry, n.) for cramps, especially at night in bed, effecting chiefly the soles of the feet, and causing the toes to be drawn in different directions.

Lycopodium and Sepia (dry), in cramps occurring principally when walking.

Sulphur, for attacks which come on at night.

Colocynthis, against cramp occurring at night, and also for the stiffness and soreness which frequently remain for a considerable time after an attack.

For a violent attack of cramp at night, a few drops of Spirit of Camphor rubbed on the painful part, will generally procure immediate relief.

Epilepsy. Epileptic Convulsions.

This affection assumes such a variety of forms that it is im-

possible to enter fully into its consideration here. I shall therefore merely point out the proper treatment to be pursued during an attack; and enumerate some of the remedies which have been most successfully used in its cure.

All that is necessary to be done while the patient is in the fit, is to guard him against injury in his struggles, and to remove anything from about the neck which is liable to obstruct the circulation. In some cases where there is considerable congestion to the head, a dose of Aconite (dry), followed if necessary by Belladonna (dry), will be beneficial.

An attack may sometimes be obviated by smelling Camphor when the first symptoms of its approach is first perceived.

The remedies most serviceable in recent cases are: Ignatia, Belladonna, Chamomilla, Nux vomica, Opium, Ipecacuanha, Camphor, Hyoscyamus, &c.

In chronic cases, or those of long standing: Sulphur, Calcareo carbon., Silicea, Causticum, Belladonna, Cuprum met., Hyoscyamus, Stramonium, Veratrum, and Lachesis deserve the preference.

When the disease arises from the sudden repercussion of an eruption, or the stoppage of a long continued discharge: Sulphur, Causticum, Calcareo carb., Stramonium, and Lachesis, are most useful. These remedies will generally have to be administered (dry) once a day or seldomer; but it will rarely happen that an amateur can select the right remedies for this serious disease; the advice of a medical practitioner should always be obtained when that is possible.

When the malady occurs in the course of other diseases, such as fevers, worms, teething, &c., or is produced by fright or other mental causes, the appropriate remedies will be found under their respective heads.

The common practice amongst old-school physicians of bleeding in convulsions is highly injurious, and should never be resorted to, as the almost invariable tendency of this practice is to cause an increase both in the frequency and violence of the attacks.

Night-Mare. Incubus.

The complaint is sometimes so frequent, and so injurious in its effects, that medical treatment becomes necessary.

Persons subject to it should eat but little in the evening, and take light food at all times, drink no wine, beer, nor coffee; but instead, a cup of weak black tea; or, better still, milk or soup. A good preventive is to bathe in cold water every evening; in the summer this is best done in the open air, in a river, lake, or the sea; in winter, by rubbing the face, neck, the back of the head, the throat, shoulders, breast, and abdomen with a wet cloth or sponge; afterwards drink a glass of cold water before going to bed; those who cannot take cold water may take water and sugar. Although it should not cure the complaint, continue this treatment, and take the following remedies:

Nux vomica (dry, n.), when the night-mare is caused by indulgence in spirituous liquors, strong beer, too high living, too much confinement, &c.

Aconite (in sol., 12 h.), especially when the disease occurs in children and women, and is accompanied by much heat, thirst, palpitation of the heart, determination of blood to the head or chest, oppressed breathing, nervousness, uneasiness, &c. This remedy is also useful for the headache and febrile excitement which often follow the attacks.

Opium (dry, n.), when the paroxysms are violent, the patient lying with his eyes half closed, snoring, the mouth wide open, rattling in the throat, the breathing irregular, the face much distorted, and covered with a cold perspiration, and the extremities convulsed.

Pulsatilla (in sol., 12 h.), when there is considerable derangement of the digestive apparatus, arising from high living, &c.

Sulphur and Silica (dry, n.), in repeated doses, will be useful if the attacks return notwithstanding the administration of the above remedies.

Sleeplessness.

In most cases, when not the result of disease, sleeplessness may be attributed to the manner of living. Some persons can not eat anything in the evening, or but a little, without suffering from loss of sleep. Others only sleep soundly by eating before going to bed. Exercise in the open air is one of the best preventives, but it must not be taken too late in the evening, or it will have an effect contrary to the one desired. When exciting, agreeable events are the cause, take *Coffea* (dry); when terrible or frightful ones, *Opium* (dry); when agitating ones, *Aconite* (dry); when the events are tormenting and cause dejection, *Ignatia* (dry), &c.: always select the remedy according to the cause, if that be possible.

The most common causes of sleeplessness are the use of coffee and tea, for which see the remedies. When a surfeit is the cause, give *Pulsatilla* (dry); when reading or singing causes wakefulness, *Nux vomica* (dry); when abdominal complaints and flatulency, *Chamomilla* (dry). When various figures and visions appear before the eyes of the patient, and prevent him from sleeping, *Opium* (dry); and if this does not soon prove efficacious, *Belladonna* (dry). Children are generally benefited by *Coffea*; old people by *Opium*. Sleeplessness is frequently occasioned by some disease, to which refer under its proper head for the necessary remedies, or consult a homœopathic physician.

Dropsy. Hydrops.

A collection of watery fluid in the meshes of the cellular tissue is called *Anasarca* or General Dropsy. When the collection is found in some of the natural cavities of the body, as the chest (*Hydrothorax*), abdomen (*Ascites*), &c. it is termed Special or Partial dropsy.

There are certain characteristics which are common to almost all forms of the disease; these are diminished secretion of urine, œdema, watery swelling of the feet and ankles, a paleness of

surface with laxity of muscular fibre, and a peculiar expression of countenance, which has been termed *leucophlegmatic*.

Causes.—These are numerous; an obstruction to the free circulation of the blood in any large viscus, as the liver, lungs, or heart, either from mechanical pressure, or in consequence of disease, may give rise to dropsy.

But perhaps one of the most frequent causes of dropsical effusions is repeated bleedings by the lancet in the hands of indiscreet old school physicians.

General Dropsy. *Anasarca*.

Is characterized by general swelling of the body, paleness, softness, loss of elasticity, and coldness of the skin. When the swelling is partial, it is called *œdema*. The swelling most generally commences in the lower extremities, first of the feet and ankles, whence it gradually extends to the whole body. It is greatest in the evening, when the individual has been on his feet during the day, and is scarcely perceptible in the morning. This is owing to the gravitation of the fluid from the upper parts of the body, which takes place with facility through the different parts of the cellular tissue. By pressing with the thumb or fingers on the swollen parts, a depression is made which remains for a long time. This is owing to the fluid being forced by the pressure into the neighbouring parts of the cellular membrance, and the depressions do not disappear until the cells from which it has been pressed, become refilled.

Treatment.—Arsenicum, Bryonia, Camphora, Cantharides, China, Dulcamara, Kali carb., Mercurius vivus, Phosphorus, are the principal remedies.

Arsenicum (in sol., 12 h.) is indicated in general dropsy when accompanied by excessive weakness and general prostration of strength; earthy or pale, and greenish colour of the skin, especially in the face; red and dry tongue; great thirst; coldness of the extremities, and pains in the back, loins and extremities. It is particularly valuable in *œdema* of the feet.

Bryonia (in sol., 12 h.), against œdema of the feet and anasarea; the swelling of the feet is increased by day, and diminished at night.

Camphora (a drop on sugar, 12 h.): anasarca, accompanied by red urine, which deposits a copious sediment.

Cantharides (in sol., 12 h.), in dropsy attended with irritability or atony of the urinary organs.

China (in sol., 12 h.), in general dropsy, consequent upon profuse hæmorrhages; also when accompanied by disease of the liver or spleen. It is particularly suited to dropsy occurring in women of advanced age.

Dulcamara (in sol., 12 h.), against anasarca resulting from sudden checks of perspiration by exposure to cold or damp air; or when attended by thirst, violent nocturnal heat, with great agitation, scanty and offensive urine, eructations and emaciation.

Mereurius vivus (in sol., 12 h.), against anasarca, accompanying disease of the liver; with oppression of the chest; general heat and perspiration; short hacking cough, and anguish.

Phosphorus (in sol. 12 h.), especially in dropsical swellings of the feet, hands and face. Kali carb. (in sol., 12 h.) against anasarca, particularly when occurring in aged persons, more especially women.

Abdominal Dropsy. Dropsy of the Peritoneum. Ascites.

This form of dropsy is known by enlargement of the abdomen, commencing below and gradually ascending upwards, until the abdominal parietes are, at times, so distended as to become extremely thin and almost transparent, with tortuous veins distinctly to be seen in various parts. If the hand or extremities of the fingers be placed on one side of the abdomen below the level of the fluid, and the opposite side be struck with the other hand, a feeling of fluctuation is perceptible. The only inconvenience complained of by the patient is the feeling of weight in the lower part of the abdomen, until the accumulation of fluid pressing upon the diaphragm excites dyspnoea or difficulty

of breathing. There is generally in this, as in other forms of dropsy, diminished secretion of urine, dryness of skin, &c.

Treatment.—The following medicines are the most servicable in this form of dropsy: Arsenicum, China, Mercurius vivus, Sulphur, Bryonia, Kali carb., Sepia, Ferrum metallicum.

In ascites occurrng in consumptives: Arsenicum, China, and Kali carbonicum.

In that resulting from excessive use of spirituous liquors: Arsenicum, China, Sulphur.

That arising from great loss of blood or other debilitating losses: China, Ferrum met., Sulphur, and Mercurius vivus.

When caused by abuse of Mercury: China and Dulcamara.

When following intermittent fevers: Arsenicum, Dulcamara, Ferrum met., Mercurius vivus, Sulphur.

(These remedies may be given dry, or in sol., 12—24 h.).

For more particular indications, consult the preceding article, “General Dropsy,” or “Anasarca.”

Dropsy of the Chest. (Hydrothorax).

This disease may affect both sides, or but one side of the chest, There is difficulty of breathing, which is proportionate to the quantity of fluid effused, with inability to lie on the affected side; and when both sides are implicated, short respiration, and difficulty of breathing, except when in the sitting posture, energetic action of all the respiratory muscles, and great anxiety of countenance. There is generally too, more or less swelling of the feet and ankles, and the ordinary evidences of dropsy.

Causes.—These are the same as those of dropsies in general, though perhaps it is more commonly symptomatic of disease of the heart or lungs.

Treatment.—The principal remedies are: Arsenicum, Bryonia, Carbo vegetabilis, Kali carb., Lachesis, Mercurius vivus, Spigelia, Aconite (all in sol., 12 h.). With reference to the *cause*, and particular symptoms guiding their selection, see the two previous articles, “General Dropsy” and “Abdominal Dropsy.”

Inflammation of the Brain. Encephalitis.

The symptoms of this disease are exceedingly diversified; the extent and duration, the age, sex, constitution and habits of the patient all aid in giving to it a variety of character. In some cases, violent delirium is the main symptom. In others the intellect may remain unaffected. Its commencement is often denoted by fever, or congestion to the head, with redness of the face and eyes, and throbbing of the arteries of the temples and neck. Violent headache is frequently one of the earliest symptoms, which is increased by light and noise; and at times the skin is unusually sensitive. Vomiting usually occurs in the course of the disease, and it may mark its onset.

The patient is often extremely irritable and annoyed at trifles, and complains of feverishness with slightly increased pulse and heat of skin, especially at night, attended with restlessness, ringing in the ears, flashes or sparks before the eyes, giddiness and feeling of weight on the top of the head for several days. These symptoms, after continuing for a longer or shorter time, are frequently succeeded by drowsiness, with slight delirium, or by great mental excitement, with violent paroxysms of delirium, which are aggravated by the slightest noise or light admitted into the chamber. The pulse is generally rapid and hard, but it may become unusually slow if the inflammation is about to terminate in effusion of serous fluid into the ventricles of the brain. The pupil in the first period of the disease is commonly contracted, but as it advances, often becomes dilated and insensible to the light. During the progress of encephalitis, the bowels are mostly constipated. When the disease is about to terminate fatally, the delirium gives place to coma and convulsions.

Inflammation of the brain occurs much more frequently in children than in adults; hence the necessity of giving great attention to the following symptoms: pain in the head which may be inferred to exist in young children when they raise the hands frequently to the head, and also if they scream violently without any apparent cause; inclination of the head to fall backwards; irritability or changeable temper; nausea or vomiting;

eostiveness; dread of light; drowsiness; sleeplessness, or sudden starting from sleep and screaming; boring of the head in the pillow; great excitement; heat in the head; eyes red, sparkling, convulsed or fixed; pupils contracted or dilated; redness of the face, with throbbing of vessels of the temples and neck.

The duration of the disease is various. In some cases it results in death in a few hours; in others it is protracted for weeks, and ends by restoration to health, or in death, after a long period of suffering. Not unfrequently after it has passed away, the organs of vision or hearing remain impaired. In children, squinting which may be permanent is sometimes met with, and more or less deafness, and disorder of the mental faculties, is noticed.

Causes.—External violence; sun-stroke; the use of ardent spirits; repressed eruptions, particularly of the scalp; erysipelas of the face; contagious diseases; mental irritations, &c.

Treatment.—Aconite, Belladonna, Bryonia, Opium, Hyoscyamus, Stramonium, and Cuprum acetum, are the most valuable remedies.

Aconite (in sol., 3—6 h.) is indicated in the commencement of the attack, when there is a high degree of fever, evinced by hot, dry skin; quick pulse, &c.

Belladonna (in sol., 3—6 h.) is the main remedy in this disease, and should be immediately administered when there is great heat of the head; redness and bloatedness of the face, with violent beating of the carotid and temporal arteries; intense shooting and burning pains in the head; burying of the head in the pillow; the sufferings are increased by the least noise; dread of light; eyes red and sparkling, and sometimes protruded; or having a wild expression; pupils contracted or dilated; violent and furious delirium; low mutterings; loss of consciousness; convulsions; vomiting; involuntary evacuation of feces and urine; constipation. It may often be administered with excellent effect alternately with Aconite.

Bryonia (in sol., 4—6 h.) is often of great service in children, especially while teething, and after Aconite and Belladonna have

proved inefficient, and the symptoms indicate a rapid tendency to effusion.

Opium (in sol., 2—4 h.), when there is complete apathy ; lethargic sleep, with stertorous breathing ; congestions to the head ; eyes half open, and confusion and giddiness after waking.

Hyoscyamus (in sol., 3—6 h.), if there be drowsiness, loss of consciousness ; indistinct speech ; delirium and talking about one's affairs ; white coated tongue, with frothing at the mouth ; dilatation of the pupils ; staring, fixed eyes ; red face ; dryness of the skin, and picking at the bed clothes.

Stramonium (in sol., 3—6 h.), against symptoms similar to those described under Belladonna, but with the exception of being more spasmodic in their character, and the pain in the head less acute. It is particularly indicated when there are startings or jerkings in the limbs ; sleep almost natural, followed by absent mindedness on waking, or sleep attended by moaning and tossing about ; fixed eyes ; anxiety and dread, with screaming ; redness of the face, and feverishness, with moist skin.

Cuprum aceticum (1st trit., in sol., 3—6 h.). This remedy is valuable when the disease arises from suppressed eruptions, or occurs in children during the period of teething ; especially against the following symptoms : fretfulness or apathy ; restless and disturbed sleep ; drowsiness, with inability to sleep ; inability to hold the head erect ; flushed face ; dryness of the mouth without thirst ; nausea and vomiting ; constipation ; sometimes diarrhœa ; grinding of the teeth ; shudderings, followed by heat ; feverishness with variable pulse, but generally quickened and full ; the symptoms are worse towards evening and at night. Zincum (in sol., 3—6 h.), against a similar array of symptoms, especially in children during teething.

In chronic cases, Sulphur, Arsenicum, and Lachesis (12—24 h.) are generally most useful.

When the affection results from external injury, Arnica. From sun-stroke, Aconite, Belladonna, Camphor, and Lachesis. Abuse of ardent spirits, Opium, and Lachesis.

Along with the administration of the above remedies, much

benefit will be generally obtained in the commencement of the disease by continued applications to the head of cloths wrung out of ice-water. Or in violent and highly dangerous cases, by pouring a stream of cold water out of the spout of a tea-kettle or pitcher, from a height of two or three feet on the head. The feet and legs should be occasionally immersed in a pail of hot water mixed with a tablespoonful of mustard, and the temperature of the feet kept up by hot water bottles or hot dry flannel.

Ague. Chills and Fever. Fever and Ague.

In its simple form, intermittent fever consists of three distinct stages,—a chill or cold stage, followed by a hot, and this again by a sweating stage; after which the patient is generally free from suffering for a time. The three stages constitute a *paroxysm* or *fit*; and the interval between the termination of one paroxysm and the commencement of another is called the *apyrexia*, or intermission, and is usually of a definite duration.

When paroxysms return every day, the intermittent is *quotidian*; if every other day, it is *tertian*; if after an interval of two days, *quartan*. These are the chief types, although longer intervals between the attacks have been observed.

When two paroxysms take place, within each interval, the intermittent is said to be doubled, as *double quotidian*, *double tertian*, &c.

Previous to the accession of the *cold stage* of an intermittent, the patient usually has more or less general indisposition, lassitude, yawning, headache, pains in the joints or limbs, numbness of the fingers and toes, and blueness of the nails. These symptoms are soon followed by a sensation of coldness, either with or without shivering or rigors. It is commonly felt first in the hands and feet, but soon becomes general; or a sensation may be experienced, as if cold water were trickling down the back. The skin becomes pale, yellowish, or purple in spots; and if the cold is excessive, the skin presents the peculiar shrivelled appearance known as *gooseskin* (*cutis anserina*). There

is shaking of the limbs and jaws ; chattering of the teeth ; feeble and tremulous voice ; hurried and oppressed respiration ; small pulse. The skin is usually about the natural temperature, notwithstanding the patient complains very much of cold ; the urine is clear and copious, and there is often derangement of the stomach, nausea, or vomiting, and occasionally pain in the pit of the stomach.

The duration of the cold stage is various ; it may last for a few minutes only, or continue for four or five hours. Generally, however, it lasts from half an hour to an hour. In some instances, this stage of the disease is so severe and long continued that reaction never takes place, and the patient dies in the commencement of the paroxysm.

The hot stage succeeds the cold without any marked interval : the skin gradually loses its paleness and becomes flushed ; the thirst becomes violent ; the pulse accelerated ; the breathing hurried ; the mouth dry and clammy ; the breath and skin hot, and the urine high coloured. The heat is sometimes almost insupportable, and accompanied by intense pain in the head. This stage generally continues from four to twelve hours, and is succeeded by the

Sweating stage.—The sweating generally begins about the head, and afterwards on the chest, back, and inner part of the thighs ; and soon becomes general. At times it is profuse, soaking the bed ; at others it merely constitutes a gentle moisture. Its smell is sour or sweetish. As soon as the sweating is established, the pains and uneasy feelings of every kind are relieved, and the patient remains comparatively free from suffering until the accession of another paroxysm.

The duration of the sweating stage is not usually longer than three or four hours.

Such are the phenomena, which are generally considered to constitute a paroxysm of intermittent fever. After the paroxysm is passed, the patient feels quite well, with the exception of a feeling of fatigue or debility. And until the tendency to

periodical recurrence is destroyed by appropriate treatment, he must still be considered to labour under the disease.

The period of the day at which paroxysms of the different kinds of intermittents occur is by no means the same. In the quotidian, they generally appear in the morning; in the tertian about noon, and in the quartan after dinner. There are, however, frequent variations from this rule. The cold stage is usually short in the quotidian, and long in the quartan. The tertian holds the medium place in this respect.

The duration of the disease is indefinite. It may terminate in a few days, or it may run on for months or years.

Ague is not often a dangerous disease, unless it continues for a length of time, in which case the constitution may be seriously injured, and the foundation of consumption of the lungs, or some other malady, be laid. Dropsical affections, and also disease of the liver, spleen, &c., are frequently induced by it.

Causes.—Persons of both sexes and of all ages are liable to intermittents, although it is more frequently seen in males than in females, owing to the greater exposure of the former, from their out-door labours, to the exciting cause.

The main exciting cause is a peculiar *malaria*, or bad air,—the nature of which is entirely unknown—chiefly generated in marshy districts, along the course of certain rivers, &c.; it may, however, arise from taking cold, indigestion, or peculiar constitutional tendency.

The latter end of summer and the autumn are the seasons during which the disease is most prevalent.

Treatment.—Families who live in agucish districts, should pay particular attention to their sleeping apartments, which should be kept dry, and opened only in the middle of the day, for two or three hours, for the purpose of being aired. Individuals who are compelled to sleep in damp houses, or on the lower floor of houses badly situated, may be in some measure protected by placing a layer of charcoal, broken very small, under their beds. Advantage may also be derived from wearing silk shirts, and

by sleeping between silk sheets, which can be made of old dresses. Powdered sulphur, put in the stockings, may likewise act as a preventive.

Particular attention should be paid to the manner of living; eat nothing that lies heavy on the stomach; avoid pastry, things baked or roasted with fat, and all kinds of badly dressed food; eat well cooked meat and vegetables, or meat which has been slowly and properly stewed in a closed vessel, with much gravy without any seasoning, except salt. Whilst the fever prevails, pies are very injurious.

Raw Ham with black pepper is more wholesome than when it has been rendered indigestible by being overdone by frying. Every thing acid and fat should be avoided at such times; acids are good in the heat of summer; fat may be used in the cold of winter.

During the cold stage let the patient be well covered with blankets which are perfectly dry; if you have a silk coverlet, wrap it around the lower extremities and abdomen, if the patient finds it agreeable. In the hot stage, linen or muslin makes a better covering. Frequent wiping with a warm, wet cloth also gives much relief in this stage. During the sweating stage, the patient should not be covered too warmly; and after it is over, the linen and bed should be changed. The linen should be well aired and warmed, which is best done by a healthy person rubbing it with his hands until all the smell of soap is gone; in fact, this should be done with all linen intended for the sick. Those who have not a sufficiency of linen will do well to lie naked between blankets during the stage of perspiration, and to put on the shirt when this is over.

If the patient complains of thirst, give him as much cold water as he wishes, if good spring water can be had; if the water is bad, give toast and water, or put some acid or tamarind juice into it; it may be either warm or cold. If he prefers it warm during the cold stage, give him toast and water or mucilaginous drinks, such as barley water or thin oatmeal gruel. When the patient vomits much, and feels very weak, give him coffee

without milk. During the hot stage, cold water is the best drink; but if the patient is very ill and craves acids, lemonade or tamarind water may be given in moderate quantities. In the sweating stage the patient should drink nothing but cold water.

The following medicines have generally been found most useful in this affection; and they should for the most part be administered in the *apyrexia*, or interval between the paroxysms.

Ipecacuanha, Arsenicum, China, Ferrum met., Arnica, Veratrum, Sambucus, Antimonium crudum, Bryonia, Cina, Ignatia, Rhus tox., Nux vomica, Chamomilla, Pulsatilla, Capsicum, Coffea, Cocculus, Staphisagria, Natrum muriaticum, Lachesis, Belladonna, Hyoscyamus, Hepar sulph., Mercurius vivus, Sulphur, Calcarea carb., Carbo vegetabilis, Aconite and Opium.

Ipecacuanha (in sol., 4—6 h.) is useful in most cases of this disease, and will frequently, when properly selected, of itself effect a cure. When there is any doubt in regard to the choice of a remedy, especially at the commencement of the disease, this remedy may be administered with advantage, and continued until another is more clearly indicated. The following symptoms, however, clearly point to its employment: much internal chilliness, which is increased by external warmth; little or no thirst in the cold stage, but a great deal in the hot stage; clean or slightly furred tongue; nausea and vomiting, and oppression of the chest immediately before the accession of the paroxysm, or during the cold and hot stages. Good results will often be obtained by the alternate administration of Ipecacuanha and Nux vomica.

Arsenicum (in sol., 6—8 h.) is indicated when the different stages are not distinctly marked, but the chilliness, heat, and fever occur simultaneously, or when there are frequent changes from chilliness to heat, and *vice versa*; or a sensation of internal chilliness with external heat; also when the paroxysm is imperfectly developed; further when there is little or no sweating, or at least not for some time after the heat has subsided; great

prostration of strength; violent burning pains in the stomach, and insupportable pains in the limbs, or all over the body; anxiety and restlessness; excessive thirst; sensation of uneasiness about the heart, or oppression and spasms of the chest; nausea or sickness and vomiting; bitter taste in the mouth; violent headache, continuing after the hot stage; buzzing in the ears during the sweating stage. All the sufferings of the patient, as the headache, pain in the limbs, &c., are increased in intensity, and others developed during the paroxysm.

China (in sol., 6—8 h.), if the paroxysm be preceded by nausea; voracious appetite; headache; agitation; palpitation of the heart, or sneezing; thirst during the sweating stage, sometimes continuing throughout the apyrexia; chills alternating with heat, or when the heat does not come on for some time after the chills have ceased; sleeplessness or disturbed sleep; great weakness, and sallow complexion. It is contra-indicated when there is much thirst during the cold or hot stages. This remedy is valuable in most intermittents originating from marsh miasm, and may be given as soon as the first symptoms show themselves.

Ferrum met. (in sol., 6—8 h.) against symptoms resembling the preceding, and also when there is determination of blood to the head; throbbing of the arteries in the neck and temples; swelling around the eyes; pressure in the stomach and abdomen, particularly after eating; vomiting of food; tension of the abdomen, and shortness of breath; weakness of the extremities; hardness and fulness in one or both sides of the abdomen, close under the short ribs; swelling of the feet and incipient dropsy.

Arnica (in sol., 6—8 h.), when the cold stage generally comes on early in the morning, or in the forenoon, with thirst before the chill; drawing and pain in all the bones preceding the fever; the patient feels uncomfortable in every position, and is constantly changing about; apathy or stupor; perspiration, and breath offensive.

Veratrum (in sol., 6—8 h.), when there is predominance of

external coldness, with internal heat; cold clammy sweat, particularly on the forehead, and general coldness of the whole body; or chilliness without heat, or chilliness and heat by turns; giddiness; constipation of the bowels, or diarrhœa; sometimes nausea, or vomiting, and pains in the back and loins.

Sambucus (in sol., 6—8 h.) is indicated when the sweating is very profuse, and continues throughout the entire intermission.

Antimonium crudum (in sol., 6—8 h.) is indicated when the tongue is very much furred; bitter and nauseous taste; eructations; sickness of the stomach; vomiting; little or no thirst, and constipation or diarrhœa. See also Pulsatilla.

Bryonia (in sol., 6—8 h.), for symptoms similar to the preceding, but attended with much thirst; or heat before the chills; red cheeks in the cold stage; yawning, and stitches in the side during the heat; more coldness and chill than heat, and constipation or diarrhœa.

Cina (in sol., 6—8 h.), vomiting and voracious appetite before, during, or after the fever; thirst either during the hot, or during the cold stage; pale face during the cold and hot stage; constant rubbing of the nose.

Ignatia (in sol., 6—8 h.), if there be thirst in the cold, but not in the hot stage; mitigation of the chilliness by external warmth; heat of some parts of the body, with coldness and chill of others; heat external only; pain in the bowels during the cold stage, followed by heat, with debility and sleepiness.

Rhus toxicod. (in sol., 6—8 h.) is serviceable in intermittents of the double tertian type, with a paroxysm every day; the paroxysms of each day corresponding with others forty-eight hours afterwards; the attacks usually come on in the after part of the day, and consist of heat preceded and followed by chills; coldness of some parts of the body, and heat of others; perspiration after midnight, or towards morning; the heat accompanied by a rash; pain in the bowels, and diarrhœa; pressure at the pit of the stomach; palpitation of heart, and anxiety.

Nux vomica (in sol., 6—8 h.), when at the commencement of the paroxysm there is great debility and prostration of strength,

with desire to lie down; giddiness, with a feeling in the head as if from intoxication; cramps in the muscles of the abdomen or calves of the legs; stitches in the sides; alternate heat and chills, or heat preceding the chills; heat externally, and chilliness internally, or *vice versa*; desire to be constantly covered, even during the hot and the sweating stages; external warmth affords no relief; heat and pain in the head; buzzing in the ears; redness of the cheeks; thirst and anxiety during the hot stage; constipation.

Chamomilla (in sol., 6—8 h.) is indicated when the tongue is loaded with a white or yellow coating; also when there is nausea and bitter vomiting; loathing of food; much thirst in the hot stage, and even in the sweating stage: pressure and uneasiness in the region of the heart; predominance of heat and perspiration; pain in the right groin, and loose watery evacuations from the bowels. This remedy resembles Antimonium crudum and Bryonia.

Pulsatilla (in sol., 6—8 h.) is particularly valuable in intermittents attended with much gastric derangement, or when the slightest disorder of the stomach brings on a relapse. The particular indications for its employment are: absence of thirst during the entire paroxysm, or thirst only during the hot stage; simultaneous heat and chilliness; bitter taste in the mouth; bitter or *sour* vomiting of mucus or bile; the attacks usually come on in the afternoon or evening, and the patient complains of chilliness throughout the intermission.

Many of the symptoms of this remedy have a great similarity to those of Antimonium crudum, Bryonia, and Chamomilla. It is, also, in some cases of relapse from indigestion, particularly suitable after Lachesis.

Capsicum (in sol., 6—8 h.) is indicated in cases in which there is chilliness attended with thirst, followed by heat without thirst, or thirst only during the hot stage; chills violent and long continued; intense burning both internally and externally during the hot stage; accumulation of mucus in the mouth and throat: slimy, burning diarrhoea, and great intolerance of noise.

Coffea (in sol., 6—8 h.), in very sensitive persons, who suffer greatly from nervous excitement, even though the fever be but slight; paroxysms of heat and thirst, with flushed face, followed by general perspiration; the thirst frequently continues through the sweating stages; watery diarrhœa.

Cocculus (in sol., 6—8 h.) is valuable in agues attended with cramp or spasms of the stomach and abdomen, obstinate constipation, and much nervous excitement.

Natrum muriaticum (in sol., 6—8 h.) is one of the best remedies in intermittents, especially when the following symptoms are presented: violent pains in the head during the chilliness and heat; lengthy chills; dimness of vision, and partial loss of consciousness during the hot stage; impaired vision throughout the apyrexia; chaps and fissures on the lips, particularly at the corners of the mouth; slight fever, continuing through the intermission. Similar in its action to *Arsenicum* and *Ignatia*.

Lachesis (in sol., 6—8 h.) is indicated when the attacks come on in the afternoon and are accompanied by violent pains in the small of the back, and limbs; oppression of the chest; violent headache with red face, and loquacity during the hot stage; or internal chilliness and external heat, with ashy or yellowish colour of the face. *Lachesis* is particularly serviceable when a relapse has been produced by the use of salads, vinegar, &c., or after it has been suppressed by quinine frequently, but constantly recurs. *Pulsatilla* follows or alternates advantageously with *Lachesis* in such cases.

Belladonna (in sol., 6—8 h.) has been found useful in double quotidian intermittents—when two or more paroxysms occur in the twenty-four hours—the cold stage slight, and the hot stage violent, or the reverse, violent chill and slight heat; great sensitiveness, and inclination to shed tears; constipation, or loose and scanty evacuations; sometimes attended with violent congestion to the head, with red face, heat, and severe pain in the head, and dulness or stupor.

Hyoseyamus (in sol., 6—8 h.), in cases similar to the latter, but attended by a dry cough at night.

Hepar (in sol., 6—8 h.), in agues attended by severe catarrhal symptoms affecting the head and chest; bitter taste in the mouth; chilliness, with thirst, followed by heat, sleepiness. It is often suitable before or after Belladonna.

Mercurius vivus (in sol., 6—8 h.), in quickly alternating chills and heat, with restlessness and thirst; profuse, offensive, sour perspiration, and palpitation of the heart.

Sulphur (in sol., 6—8 h.), when the attacks come on in the after part of the day, with evening chills, fever during the night and sweating in the morning; palpitation of the heart. It is appropriate in intermittents, following suppressed cutaneous eruptions.

Calcarea (in sol., 6—8 h.), when there are alternate chills and heat; external coldness and internal heat; heat in the head and face, with coldness of the extremities, sometimes extending to the abdomen; giddiness; feeling of heaviness in the head and limbs; violent pains in the small of the back, and anxiety. Similar in some respects to Sulphur and Veratrum.

Carbo vegetabilis (in sol., 6—8 h.) when the attack is preceded or attended by pains in the teeth and limbs; thirst, only in the cold stage, with vertigo, redness of the face, and sick stomach during the hot stage.

Aconite (in sol., 6—8 h.) is indicated when the chills and heat are both violent; or when they appear simultaneously; great external heat, especially of the face and head, and acute pains in the side. A dose or two of this remedy during the hot stage will generally materially lessen the violence and duration of the fever.

Opium (in sol., 6—8 h.) is particularly applicable in intermittents occurring in aged persons, and sometimes also in those of children. The chief symptoms which point its employment are: drowsiness, or heavy sleep, with loud snoring during the cold and hot stages; stertorous respiration, with the mouth open; congestion of blood to the head, with red and puffy appearance of the face; and convulsive movements of the limbs.

Sepia (in sol., 6—8 h.) is often useful in agues with predominance of thirst during the cold stage.

In intermittents which return annually, Lachesis, Carbo vegetabilis, and Arsenicum, are generally the most useful remedies.

Inflammatory Fever.

This form of fever is characterised by chill—sometimes violent—followed by burning heat; pulse full and bounding, and greatly accelerated; thirst; hot and dry skin; the mouth dry and clammy; hot breath; tongue of a bright red colour, and in some instances slightly coated with a white fur; urine high coloured and scanty; constipation, and hurried respiration. It usually runs its course rapidly and terminates in a few days, and rarely exceeds a fortnight in duration. The crisis shows itself in profuse perspirations, diarrhœa or hemorrhages, mostly epistaxis. Under homœopathic treatment its duration may generally be considerably shortened, and recovery take place rapidly, instead of the long convalescence inevitable after the usual allopathic means.

The disease is exceedingly liable to be complicated with inflammation of the brain, or with congestion of some of the internal organs; or it may change into nervous or typhus fever if not properly treated.

Young and middle aged individuals of full or plethoric habit are most subject to it.

Causes.—Exposure to cold or dampness; sudden check of perspiration; high living, especially abuse of ardent spirits; mental emotions; external injuries; and local inflammations may all act as exciting causes.

Treatment.—Aconite (in sol., 1—3 h.) is peculiarly efficacious in this form of fever, and is mostly sufficient of itself entirely to subdue the disease.

Belladonna (in sol., 3—6 h.) will, in some cases, be requisite after Aconite when there is congestion to the head; violent headache, especially in the forehead; heat of the head; redness of the face; violent throbbing of the arteries in the neck and temples; furious delirium; red and fiery eyes; burning thirst, restlessness, &c.

Bryonia (in sol., 4—6 h.) will be found useful when there is a heavy stupefying headache, with a sensation as if the head would burst, aggravated by every movement; burning heat of the skin; redness and swelling of the face; vertigo, especially on rising; delirium; oppression of the chest and at the pit of the stomach; excessive thirst, and sometimes vomiting; constipation; pains in the chest; dry cough, or cough with tough expectoration, sometimes streaked with blood.

If in the course of the disease, it should attack any of the internal organs—a very frequent occurrence—such as the lungs, liver, bowels, &c., the appropriate treatment will be found under the head of the particular organ involved.

Typhus.

The term typhus has been applied to a variety of fever characterized by great disturbance of the mental faculties. It is generally indicated by a small, weak and irregular, but usually frequent pulse, with great prostration of strength and cerebral disturbance.

The disease is generally preceded, for a longer or shorter time, by prostration, or languor and lassitude, with a feeling of general indisposition, and more or less gastric disturbance; sometimes, however, where an epidemic typhus is prevailing, the disease sets in without any premonitory symptoms. Occasionally, for a few days at the commencement, the fever may be of a high grade, with full bounding pulse, hot, dry skin, &c., as in inflammatory fever, but these symptoms rarely continue longer than three or four days, when they subside and are succeeded by anxiety, restlessness, delirium, ringing in the ears, which are characteristic of typhus fever. The symptoms in this, as in most other forms of fever, are increased in violence towards evening, and, in the morning, there is usually some remission; there is frequently, also, an aggravation of the symptoms every other day.

The skin, which is generally hot and dry, is sometimes bathed with a profuse perspiration, even in the beginning of the disease; partial irregular sweats, also, often occur without relieving the patient. The bowels are usually constipated; the eyes heavy

and watery; the countenance of dingy hue, and peculiarly expressive of great languor and oppression. As the disease advances, the typhous symptoms augment. There is great drowsiness and stupor; at times, deafness, with frequent sighing, and brief and impatient replies if the patient be questioned. The eyes are filled with tears; the nostrils obstructed by tenacious mucus; the lips dry and chapping, and the teeth and gums covered with dark sordes; the tongue is brown, dry, and often, also, chapped. In some instances, but not frequently, diarrhœa, tenderness and distension of the abdomen ensue in the course of typhus. The prostration at times becomes very great, the patient lies upon his back, entirely listless, and unable to prevent himself from sinking down in the bed; the hands are affected with tremors, and the muscles with spasmodic twitchings; the evacuations are passed involuntarily, and the countenance is dull and void of expression; there is constant low muttering delirium or coma, and frequently hemorrhages from the bowels, nose, stomach, or urinary organs, take place.

The duration of typhus is rarely less than two weeks, and it frequently goes on for five or six, especially if badly managed; the average is about twenty-one days.

Causes.—Residing in densely populated districts, and in filthy, damp and crowded apartments: deficiency and improper quality of food; over-exertion, either of body or mind, or excesses of any kind, act as exciting causes. It is, however, chiefly propagated by contagion.

Treatment.—Aconite and Belladonna (in sol., 3—6 h.) will be indicated in the commencement if there be active inflammatory symptoms.

Ipecacuanha (in sol., 4—6 h.), if there be much derangement of the stomach and bowels at the onset of the disease. Pulsatilla and Nux vomica also deserve attention in this stage.

Mercurius vivus (in sol., 4—6 h.), in cases attended with profuse *debilitating sweats*; yellowish tinge of skin; distension and tenderness of the abdomen; foul and thickly coated tongue; bitter taste, and diarrhœa, with much tenesmus.

Bryonia and *Rhus toxicod.* (in sol., 4—6 h.) are, however, the remedies which are generally most useful in typhus, and under their administration the disease will, in most cases, be brought to a successful termination. They may be given alternately.

China (in sol., 4—6 h.) will be found serviceable in cases attended with prostration of strength; profuse sweats and obstinate diarrhœa.

Phosphorus (in sol., 4—8 h.) when complicated with disease of the lungs, with pains in the chest, difficulty of breathing, and profuse mucus expectoration, sometimes streaked with blood.

Phosphoric acid (in sol., 4—8 h.) alone, or alternately with *Rhus tox.*, when there is copious watery diarrhœa, or evacuations of blood; low muttering delirium, great debility, &c.

Arsenicum (in sol., $\frac{1}{2}$ —2 h.), in malignant cases, attended with extreme debility; pulse intermitting, and almost imperceptible; falling of the lower jaw; dull glassy eyes, and burning thirst. It may be repeated every half hour, or hour, until improvement result, when the interval must be lengthened.

Carbo vegetabilis (in sol., $\frac{1}{2}$ —2 h.), in cases similar to the latter, and after or alternately with that remedy.

Hyoscyamus, *Stramonium*, and *Opium*, will also be useful in some forms of the disease.

In the debility following a severe attack of typhus, *China* and *Sulphur* (in sol., 12—24 h.) may be given advantageously.

Hay Fever.

This term is applied to a disease affecting the mucous membrane of the respiratory organs especially, that generally occurs during the hay-making season, and often seems to be caused by some emanations from the cut grass; hence its name. It is, however, not always dependent on that cause; for instances are by no means uncommon where the so-called hay fever occurs at a season when no grass is cut, and even in localities where there is no grass to cut. We have known patients who had a regular fit of hay fever whenever the sun shone, whether in summer or in winter.

The symptoms of this disease are usually those of a violent cold in the head; inflamed painful watery eyes; great discharge of water from the nose, with excessive sneezing. Sometimes bleeding from the nose; sore throat; tickling cough; hoarseness; difficulty of breathing, and feverish symptoms. The duration of these symptoms is very various; sometimes they are all gone in an hour or two, sometimes they will last all day, and even all night. Often they occur for an hour or two every morning, but sometimes they only come on in the afternoon and evening.

The worst cases are often held to be incurable. The seaside is usually recommended for them; but the disease not unfrequently occurs at the seaside. The patient should avoid going near newly cut grass, or exposing himself to a wind blowing over hay-fields.

The remedies for this disease, which is by no means such an incurable malady under homœopathic treatment, are *Arsenicum*, *Nux vomica*, *Euphrasia* and *Iodine*.

Arsenicum (in sol., 3—4 h.) when the coryza is excessive; the eyes and nose burning, with feverishness, cough, sore throat and oppression of the breathing, and periodicity of the disease.

Nux vomica (in sol., 3—4 h.) when the sneezing and running from the nose are considerable, and the stomach is deranged, tongue white, bowels constipated.

Euphrasia (in sol., 3—4 h.) when the eyes are very much engorged, with great flow of tears, sneezing, tickling hoarse cough.

Iodine (in sol., 3—4 h.) in the same circumstances as the last remedy, but when the symptoms are altogether severer and more distressing.

The more inveterate cases will probably not yield to any of the above remedies, and will require the careful consideration of the practitioner. Some cases only admit of palliation; but on the whole the homœopathist will often have good reason to be satisfied with the effects of his treatment.

Fainting. Swooning. Syncope.

When fainting occurs, it generally produces such alarm in those present, that all kinds of experiments, useless, disagreeable, and even injurious, are resorted to. If too large doses of spirits of hartshorn are administered, the consequences may be fatal. Remember the first thing to be avoided in all such cases is hurry. Loosen the clothing, if tight, about the neck, chest and abdomen; place the patient in a comfortable situation, and remove all objects which, when consciousness returns, might make a disagreeable impression. Sprinkle some fresh spring water from a feather gently upon his face, apply a little water to the neck, the back part of the head, and to the pit of the stomach. If this does not produce any effect, and if the patient becomes cold, let him smell spirits of camphor.

When the cause is known, the remedy may be selected accordingly: for instance if it arise from fright, *Colocynthis*, *Opium*, and *Aconite*; from loss of blood, or other debilitating causes, *China*; in such cases wine, too, is useful; but only a few drops should be given at a time; when produced by sudden mental emotions, *Ignatia* or *Chamomilla*. When the slightest pain causes fainting, give *Hepar*; when very violent pain, *Aconite*, sometimes *Coccus* or *Chamomilla*; when the pain preceding the fainting has almost driven the patient to distraction, give *Veratrum*; the same remedy will answer when debility and fainting are produced by the least exercise; when it occurs in the morning, *Nux vomica* is frequently of service, particularly in those who use ardent spirits immoderately, or those who have injured themselves by severe application. *Carbo vegetabilis*, in cases where too much mercury has been taken;—when it comes on after dinner, *Nux vomica* generally removes it, or should this fail, try *Phosphoric acid*. If it be preceded by giddiness, give *Chamomilla*, or *Hepar*.

These remedies should not be administered more than twice—the second time from five to ten minutes after the first: if no improvement takes place after the second time, select another medicine. When the relief is only temporary, repeat the dose

as soon as the patient becomes worse again. When vomiting occurs after recovery from fainting, do not interfere with it at all: when the patient falls asleep after it, do not disturb him; rest will refresh him.

Apparent Death. Asphyxia.

In regard to instances of apparent death, the same error is usually committed as in cases of fainting. Either too much is done, or too many things are tried at once as in cases of poisoning, or nothing is done. There may be the appearance of death, especially after some violent external injury, when the functions of life are only suspended. But the appearance may become the reality, by being taken for it too soon. There are many cases where sudden death is not a mere suspension of animation; and others, particularly of females who are pregnant, or in childbed, where apparent death is very common. We know of but one sure sign of death, that is, when internal dissolution has proceeded so far as to become perceptible externally. Whenever there is the least uncertainty, and in all cases where animation has been suddenly suspended, and putrefaction does not commence as suddenly, nothing at least ought to be done that may cause actual death, and the interment should be postponed until the third day; on the third day changes always appear on the body, which are decisive; if, at the end of this period, no marks of decay can be perceived, all further proceedings should be arrested until they make their appearance, though a week should elapse. In all cases where animation has been suspended by external violence, the body should be treated with the greatest care; when this is done, and when to this care the requisite knowledge is added, restoration becomes possible.

Apparent Death from Hunger.

In cases where animation has been suspended from want of sustenance, give repeatedly small injections of warm milk; when the patient begins to breathe, give milk at first, drop by drop, afterwards a teaspoonful at a time, gradually increasing the

quantity; when he begins to ask for food, give him a few spoonfuls of toast and water, and then some clear broth, after this a few drops of wine. When a sound, healthy sleep succeeds, and not until then, commence giving him solid food—the patient may eat often, but only little at a time. After several days he may return to his usual diet. Eating too much and too rapidly endangers life.

Apparent Death from a Fall.

Place the sufferer carefully on a bed, with his head elevated, and in a place where he may remain quiet, put a few globules of Arnica dissolved in water on his tongue, and wait quietly until the medical man comes to see if there are any fractures, and whether there are still signs of life. When the patient has lost much blood from wounds, or from injudicious bleeding, give China, and a little wine, a few drops at a time, and afterwards Arnica.

Apparent Death from Suffocation, Hanging, Pressure, Choking.

Remove all tight clothing. Place the patient in a proper position, with the head and neck rather high, the neck being quite easy, neither bent forward nor upward, as is frequently the case when the head alone is too much elevated. Then commence rubbing gently but steadily, with warm clothes, and give immediately an injection of ten to twenty globules, or a drop of the tincture of Opium dissolved in half a pint of water, and injected slowly. This may be repeated every quarter of an hour, whilst the limbs are being rubbed, principally on the inside. From time to time hold a looking-glass before the mouth and nose, to see if the breath dims it; open the eyes to see if the pupils contract. Put warm clothes, or hot stones wrapped in cloths, to the feet, between the thighs, to the neck, the sides, and under the shoulders. If in an hour or two no change is produced, take a bitter almond, pound it fine, and mix it in a pint of water, put a few drops into the mouth, or into the nose,

and give the rest in injections. Opium or Aconite (in sol., $\frac{1}{4}$ — $\frac{1}{2}$ h.) are generally most suitable for the removal of the symptoms which appear after restoration is established.

Apparent Death from Drowning.

It is, particularly in the asphyxia caused by immersion in water, that the method of Dr. Marshall Hall, described in a former part (p. 396), has been so strongly recommended. The application of warmth to the body, whether by hot blankets or baths, is said to be highly prejudicial. A free current of cold air playing upon the naked surface while the operation previously described is performed, is stated to be the best stimulus to the dormant animation. Bleeding is folly. If Marshall Hall's method produces no effect, artificial respiration by apparatus, or the galvanic battery, may be employed, and we should put a few globules of Lachesis upon the tongue, and give the same remedy—twelve to fifteen globules dissolved in half a pint of water—in injections, whilst using those means. Persons, after having been under water half an hour, have been restored to life by continued and unwearied exertions.

Apparent Death from being Frozen. Frost-Bite.

Where animation has been suspended by freezing, it may be restored in some cases even when it has ceased for several days. Great care should be taken in moving persons in this condition, so that no part of the body may be injured. Let them be taken from the open air under cover, but consider that even a very moderate heat may kill them; a cold room or a barn where there is not the least draught, is the best place. Cover them entirely with snow, face and all, leaving merely the mouth and the nostrils free, in such a manner that every part of the body is covered with several inches of it. Place them in such a position that the melted snow may run off easily, and be replaced by fresh. When there is no snow put them into a cold bath,

the temperature of which has been reduced by ice. If ice is attached to the body or to the clothes, remove it.

In this manner thaw the body until every part becomes perfectly pliable, then gradually remove the clothing, if necessary, by cutting it from the body. As the limbs become soft and pliable, commence rubbing them with snow, and continue it until they become red; then place the patient on a dry bed, and rub him with cold flannel cloths, stockings, old pieces of felt, &c.

If signs of returning life do not soon manifest themselves under this treatment, small injections containing camphor may be administered every quarter or half hour. If the patient begins to revive during the friction, or after taking the camphor, and gives symptoms of returning animation, administer small injections of lukewarm coffee, without milk,—and as soon as he can swallow, give him some coffee—a teaspoonful at a time.

It frequently takes hours to restore life, but we ought not to be sparing of labour. For the violent pains which are felt after the sufferer has revived, give *Carbo vegetabilis* (in sol., 2—4 h.) in repeated doses, and if this proves unavailing, *Arsenicum* (in sol., 2—4 h.). If heat or stinging pains are felt in the head, a few doses of *Aconite* (in sol. 2—4 h.) will be of service. If the patient craves wine or brandy, a small quantity may be given to him.

A person who has recovered from freezing, must avoid the heat of the stove and of the fire for a considerable time, as serious maladies, particularly disease of the bones, are liable to result therefrom.

Apparent Death from Lightning.

A person rendered insensible by a stroke of lightning should be at once placed in a current of cool fresh air, and fresh water dashed plentifully over him, especially over the face, neck, and chest. Internally a few globules of *Nux vomica* should be administered by placing them upon the tongue, and repeating the

dose in half an hour if there be no signs of returning consciousness. The same remedy may also be given in injection by dissolving from fifteen to twenty globules in half a pint of water.

The morbid symptoms which frequently follow restoration may generally be removed by Sulphur and Nux vomica (in sol., 4—6 h.).

Tetanus.

Tetanus consists of a painful and extremely painful contraction of the voluntary muscles. There are several varieties of the affection. It is termed *opisthotonos* when the body is bent backwards by the violent contraction of the muscles of the back and posterior part of the neck—*emprosthotonos* when the body is bent forwards—*pleurosthotonos* when bent to one side, and *trismus*, or locked jaw, when the muscles of the lower jaw and throat are affected.

The first of these varieties is by far the most common, and is characterized by the following symptoms: painful rigidity of the neck, resembling rheumatism, difficulty of deglutition, followed by inability to swallow liquids, and on attempting so to do, by spasms in the throat. These are succeeded, sooner or later, by violent, spasmodic, lancinating pain, which shoots with the rapidity of lightning through the chest, from the sternum to the spine, recurring at shorter and shorter intervals, and augmented at last to such a degree as to become intolerable. Along with this characteristic symptom, the contraction of the muscles of the neck, back, and jaw keep pace; the head in particular is thrown painfully backwards, and cannot be restored to its natural position; the respiration is impeded, the pulse is fluttering, small, and quick; the face flushed, the forehead wrinkled, the eyes turned upward or distorted; the nostrils dilated, and the whole countenance expressive of the greatest distress. At last every voluntary muscle of the body becomes more or less implicated. Sometimes the contractions increase to such a degree that the head and heels come in contact. The jaws become immovably fixed, but are in some instances slightly relaxed, and then suddenly snap together again with a convulsive jerk, that frequently

wounds the tongue badly, as that organ is very apt to be protruded beyond the lips. The intellect remains unimpaired to the last, although the patient is scarcely a moment free from the most agonizing spasms. In fatal cases, death generally takes place by sudden and violent convulsions.

Causes.—The disease may be occasioned by exposure to cold, mental emotions, &c.; it is, however, very often produced by wounds (*traumatic tetanus*). The slightest scratch will, in some cases, give rise to it, and in others it cannot be caused by the most extensive lacerations. Tetanus resulting from a wound, generally makes its appearance before the tenth day. It is most common in warm climates, and in the summer months.

Treatment.—Arnica, Belladonna, Lachesis, Hyoscyamus, Opium, Ignatia, Rhus toxicod., Stramonium, and Natrum muriaticum.

Arnica (in sol., 1—2 h.) is valuable in most cases of traumatic tetanus, and should generally be first administered. It may also be used externally in the form of a lotion—a teaspoonful of the *tincture* to a tumbler of water. Should it not produce a favourable change in twenty-four to forty-eight hours, Opium, Hyoscyamus, or Belladonna, must be given.

Belladonna (in sol., 1—2 h.), is one of the most valuable remedies in this disease, from whatever cause arising. The chief indications for its employment are: a sensation of constriction in the throat, and tightness of the chest, with grinding of the teeth, spasmodic clenching of the jaws, distortion and foaming at the mouth, difficult deglutition and aggravation of the paroxysms on attempting to swallow. It may sometimes be necessary to give Lachesis or Hyoscyamus alternately with Belladonna.

Rhus toxicod. and Ignatia (in sol., 1—2 h.) have been used with success in the most violent cases, in which the body has been bent backward in the form of an arch—the head touching the heels.

Opium (in sol., 1—2 h.), when the malady is produced by cold, and is of exceedingly violent character, will be found of great value—also when arising from wounds and from fright.

Lachesis (in sol., 1—2 h.), given when the first symptoms make their appearance, will often prevent the accession of a more violent attack. *Natrum muriaticum* (in sol., 1—2 h.) has been found useful in tetanus resulting from long continued vexation.

Apoplexy.

Against the premonitory symptoms of this complaint, such as great inclination to sleep; general feeling of dulness or heaviness; dimness before the eyes; buzzing in the ears; hardness of hearing; heavy profound sleep, and stertorous breathing; frequent yawning, and fatigue after the least exertion; acute pains in the head; vertigo or giddiness; fainting; irritability of temper; loss of memory; forgetfulness of words or things; acuteness of vision or double vision; difficulty of swallowing; numbness, torpor, or pricking sensation in the extremities; congestion of blood to the head, with beating of the temporal arteries; red face, and quick, full pulse, &c.; the following medicines have been used with most success: *Aconite*, *Belladonna*, *Ignatia*, *Pulsatilla*, *Lachesis*, and *Nux vomica*. Some of the most prominent symptoms of the choice of these, and also other remedies, which may sometimes be required, will be found under the heading of “Determination of Blood to the Head,” (which see).

Aconite (in sol., 2—4 h.), in all cases in which there is congestion to the head, with full quick pulse; red face; throbbing of the arteries of the neck and temples, &c.

Belladonna (in sol., 2—4 h.), after *Aconite*, should the latter be insufficient to remove the symptoms of congestion.

Nux vomica (in sol., 4—6 h.), against threatened apoplexy in persons of sedentary habits, and those addicted to the use of stimulating drinks, or to too great indulgence at the table.

Pulsatilla (in sol., 4—6 h.), in persons of mild disposition, and especially in females.

In the treatment of the disease itself, *Nux vomica*, *Lachesis*, *Opium*, *Ignatia*, *Belladonna*, *Arnica*, and *Pulsatilla* have proved most servicable.

The disease, however, is one which assumes such a variety of forms, and is so dangerous in its character, that the greatest attention and skill are required on the part of a physician to conduct it to a successful issue. The limits of this work will not admit of a more extended notice of the disorder; nor, indeed, is that necessary, as the treatment should in all cases be under the management of a homœopathic physician.

Scrofula.

The scrofulous constitution is commonly characterized by the following symptoms: an extremely delicate complexion of a lively red colour mixed with a beautiful white, and the red of the lips of a carnation tint; the lips, especially the upper, are thick and protuberant; the eye remarkably clear, and the pupil dilated: drooping of the eyelids, giving to the countenance a melancholy but interesting expression. The head is large and protuberant at the occiput; the neck short, the lower jaw thick and fleshy, the eyes of a light gray or blue colour, and the abdomen swollen and prominent.

The hair is generally straight and wiry, and is usually flaxen or light brown; sometimes, however, it is of a jet black colour. The eyes though generally of a light gray or blue colour, are sometimes of a dark hazel or black hue.

Children are more subject to scrofula than grown persons, and the disease may show itself any time between infancy and puberty.

The lymphatic glands, especially those of the neck and abdomen (mesentery), are more susceptible of the disease than other parts. Next to these the lungs and spongy bones are most frequently implicated. In whatever situation a scrofulous tumour may be met with, it always presents the following appearance and symptoms. At first there is simple enlargement without pain or increased heat; in a short time, however, pain is experienced if the tumour be pressed upon, and the warmth of the part is increased. The disease may continue in this state for months or years, and finally disappear spontaneously. Gene-

rally it follows a different course—gradually taking on inflammation, and at last terminating in abscess and ulceration. For a long time before the abscess breaks, the skin assumes a dark purple or leaden colour. The matter discharged from the abscess is thin, and mixed with portions of a substance resembling cheese.

The discharge may continue for weeks; or the opening from which it is poured out may rapidly enlarge, and the whole tumour be converted into an ulcer difficult of cure.

Causes.—The principal exciting causes of scrofula are: a cold, damp, and variable climate, and derangement of the digestive organs from improper and particular modes of living.

Treatment.—Against the scrofulous enlargement of the glands, the most useful remedies are: Mercurius vivus, Dulcamara, Belladonna, Calcareo, Sulphur, Graphites, Hepar sulph., Silicea, &c.

When suppuration or ulceration takes place, Hepar sulph., Lachesis, and Silicea, and in some cases Lycopodium and Phosphorus will be most serviceable. (See also the articles, “Abscess” and “Ulcers.” The unsightly scars which so frequently remain after glandular swellings, may in many instances be materially lessened by the use of Sulphur and Hepar, or Calcareo and Silicea.

BRIEF ACCOUNT OF THE MEDICINES USED.

Aconitum napellus (the common *Monkshead* of our gardens).—This plant has been termed the “Lancet of Homœopathy,” from its utility in those cases where formerly blood-letting used to be considered indispensable. The morbid states for which it is especially useful are, acute inflammation and active fevers. Wherever there is dry heat of skin, extreme restlessness, rapid bounding pulse, thirst, and sharp inflammatory pain, then Aconite is indicated. In local acute inflammations, as phrenitis, ophthalmia, sore throat, croup, bronchitis, pleurisy, pneumonia, gastritis, enteritis, hepatitis, nephritis, erysipelas, Aconite is indispensable. It is often required in the eruptive fevers, as scarlatina, measles, small-pox. It is valuable in rheumatism, the fever arising from wounds and after operations. In short, it is the great anti-febrile and anti-inflammatory medicine of homœopathy.

In large doses it is very poisonous, and many fatal accidents have occurred from its root being eaten by mistake for horseradish. The doses given in old-school practice have often proved highly poisonous or sometimes mortal. Even in infinitesimal doses, when not appropriate, it is liable to cause great depression of the vital powers. Its antidotes are Camphor, Wiue, Vinegar, Nux vomica.

Agaricus muscarius (the *Fly Agaric*).—A large red-topped toad-stool, not unfrequent in plantations and woods. In the preceding pages it is only recommended for a certain form of weakness of vision; but it is used in several other states by homœopaths, more especially in certain forms of delirium and insanity. It is employed as an intoxicating agent by some northern races, and it has sometimes proved fatal to persons who have incautiously eaten it.

Ammonium carbonicum (*Carbonate of Ammonia*).—Useful in cases of great depression of the vital powers, where there is rapid sinking, as occurs in several diseases, especially diphtheria.

Antimonium crudum (*Sulphuret of Antimony*).—A medicine chiefly

used in some form of dyspepsia and deranged stomach, and in some gouty affections.

Argentum nitricum (*Lunar caustic*).—An admirable remedy in many inflammatory and irritated states of the mucous membranes, especially such as are attended by a considerable mucous or purulent secretion, such as several kinds of ophthalmia, and some affections of the throat and wind-pipe.

Arnica montana (*Leopard's-bane*).—This is the medicine *par excellence*, for bruises and contused wounds. It is also useful in burns, stings, sprains, fractures, dislocations, and hæmorrhages. Pleurisy, especially false pleurisy, or pleurodynia, some kinds of rheumatism, and certain disordered states of the stomach are within the sphere of its action. When used externally, in the form of tincture, care must be taken not to apply it too strong, nor to let it come in contact with open wounds, as it is very apt to produce a troublesome form of erysipelas, the best antidote to which is Camphor.

Arsenicum album (*White Arsenic*).—This is one of the most valuable of the homœopathic medicines. It has a wide sphere of action. It is indispensable in many inflamed and irritated states of the mucous membranes, such as ophthalmia, coryza, bronchitis, gastritis, enteritis. It cures many cases of vomiting, diarrhœa, cholera, and dysentery, and it is of use in some dropsical affections, in ulcers, varicose veins, carbuncles, and in many skin diseases. It is a valuable remedy in asthma, heart disease, and several fevers, especially typhus and intermittent. The antidotes for small doses are China, Ferrum, Graphites, Hepar, Ipœacuanha, Kali, Nux vomica, Sambucus, Veratrum. It is frequently the agent in cases of criminal or accidental poisoning, and is among the most fatal of poisons; and yet in certain countries it is taken in what we would consider enormous doses, to give the taker long wind, or to protect him from the influence of certain deleterious substances and emanations to which he is exposed in his daily occupation. Of course such large quantities can only be taken by gradually increasing the dose from day to day, and it is a curious circumstance that when the system had got used to the daily dose, it cannot be left off suddenly without danger.

Aurum metallicum (*Gold*).—A deeply acting medicine, useful in certain affections of the bones, and in depression of the spirits, with suicidal tendency.

Belladonna (the *Atropa Belladonna*, or *Deadly Nightshade*).—This

is a remedy with a very wide sphere of action. Acute congestions and inflammations, neuralgias, spasmodic movements, and nervous diseases are especially within its control. It is indicated in affections of the head, from simple congestive headache to the most violent acute inflammations, as meningitis and phrenitis. It cures some forms of ophthalmia, is the chief remedy in erysipelas, in scarlet fever, in inflammatory sore throat, in inflammation of the nose and of the ear. It is of service in croup, bronchitis, pleurisy, and pneumonia. It is invaluable in some forms of rheumatism, in boils, in convulsive diseases, such as those that depend on irritation of the brain in children and in adults. It is also occasionally useful in congestion of the womb and kidneys. Its antidotes are Coffea, Hyoscyamus, Hepar, Mercurius, Pulsatilla.

Bromine.—This is employed in croup, and some kinds of hoarseness, but it is a medicine of which we do not yet know sufficient.

Bryonia alba (*White Bryony*, or *Wild Hop*) is a medicine of most extensive range in homœopathic practice. It is useful in general debility of the system, accompanied with muscular pain on and after walking, in lumbago, and all rheumatic affections where motion increases the pain. In constipation, inflammation of the liver, indigestion and constipation, headaches with giddiness or swimming in the head upon rising from one's chair; also when there is great fulness and heaviness of the head, with pressure towards the forehead. The leading symptoms which indicate the use of it are, tension and drawing acute pains in the limbs, especially during movement and on the parts being touched; pain, with shivering and coldness of the body, anxiety, with fear of the future, irascibility and passion, heaviness and pressure on the head, buzzing in the ears, all noise insupportable, loss of appetite, insipid and clammy taste in the mouth and oppression and eructations after food; shooting pains in the region of the liver, extending to the right shoulder-blade.

The antidotes to Bryonia are Aconite, Chamomilla, Ignatia, and Nuxvomica.

Calcareæ carbonica (*Carbonate of Lime*) is useful in diseases generally depending on original weakness of constitution, or on causes proceeding from intemperance or other excesses. It is prescribed in softness of the bones, want of power to walk, and rickety tendencies in delicate children, in scald head, and difficult dentition. Its sphere of action extends besides to many minor affections, especially of the skin, which will be found in the pages of this work. Antidotes—Camphor, Acid nitric., Sulphur.

Calendula officinalis (*Common Marygold*).—Generally used as an external remedy, though it is also sometimes taken internally, in cuts and abrasions of skin. It is also most valuable in allaying irritation of the skin proceeding from bites of insects or heat. The tincture mixed with water is the form in which it is applied in these cases.

Camphora (*Camphor*), the gum of a tree found only in China, Japan, and a few of the islands adjacent, relieves cramps in the bowels and other parts of the body; irritation of the bladder. It is also given in cases of lockjaw, inflammation of the bladder, and epilepsy. In cholera, homœopaths use Camphor largely, and its efficacy in that formidable disease is well established. Antidotes—Opium, and Spirit of Nitro.

Cannabis sativa (*Hemp*).—The juice of the hemp plant is a powerful sedative. That procured from the Indian hemp (*Cannabis Indica*) is the strongest, but it is the common hemp that is meant here. In this work it is prescribed in irritation of the bladder, inflammation of the kidneys, and gravel. It is, besides, a valuable remedy in allaying various kinds of coughs. Antidote—Camphor.

Cantharis or **Cantharides** (the *Spanish Fly*).—Cantharis is a powerful irritant. It is generally used as such by allopaths in the form of blisters, liniments, and so forth. When taken internally in over doses its effects are most painful and dangerous; but the diluted form in which homœopathic medicines are prepared prevents all inconvenience in the use of any medicine, however powerful. Cantharides is prescribed in gravel, irritation of the bladder, inflammation of the kidneys, and as an external application in burns and scalds. Antidote—Camphor.

Capsicum annuum (*Cayenne Pepper*), though much used as a condiment, is a very valuable medicine in many affections of the head and digestive organs. It is prescribed in various parts of this work as an auxiliary or secondary remedy. Its antidote is Camphor.

Carbo vegetabilis (*Vegetable Charcoal*).—This medicine has been used with success in a great variety of diseases. It is efficacious against the evil effects of over much Mercury or Bark, in scorbutic affections, suffering from changes of weather, flatulency, piles, mucous and acid conditions of the stomach, hoarseness, and many forms of stomachic and cerebral derangement. Antidotes—Camphor, Coffee, and Arsenicum.

Causticum (*Caustic*).—An acid solution of Lime and Potash; not the common caustic of the shops, which is Nitrate of Silver. This medicine

is much used as an outward application in burns. It is also prescribed in some important diseases which, however, cannot be usefully described in the space allowed here. Antidotes—Coffea, Colocynthis, Nux vomica.

Chamomilla (*Chamomile*).—A most useful medicine in gastric derangement of children, in toothache, during pregnancy, diarrhœa in summer, stomacheic derangements, chilblains, heartburns, spasms, sleeplessness, startings from fear, &c. It is very much prescribed in these pages. Antidotes—Aconite, Cocculus, Ignatia, Nux vomica, Pulsatilla.

China officinalis (*Peruvian Bark*) is a medicine much used by homœopaths and allopaths, and it was through noticing its effects that Hahnemann conceived the idea of the homœopathic law. By homœopaths it is prescribed as the grand restorer of strength and sensation after long illness, especially after fevers of all kinds, also from loss of blood, want of proper food, and other debilitating influences. It is also useful in some kinds of diarrhœa, nervous headache, and bad effects resulting from mercury and tobacco. Antidotes—Arnica, Arsenicum, Belladonna, Carbo vegetabilis, Sulphur.

Cina (*Wormseed*).—Useful in worms, dentition, and occasionally in hooping cough. Antidote—Ipecacuanha.

Cinnamomicum (*Cinnamon*).—Used in flooding and after pains.

Cocculus (*Cocculus Indicus*)—the berry of a tree which is found chiefly at Malabar, East Indies. Is used as a cure for sea-sickness; is also valuable in spasms and convulsions in hysterical persons, slow fevers with nervous weakness, weakness of digestion, and spasmodic and flatulent colic. Antidotes—Camphor, and Nux vomica.

Coffea cruda (*Coffee*).—Greatly used to produce sleep, especially if the stomach is overloaded, or if the sleeplessness has been caused by excess of joy or surprise; also in some cases of gastric derangement. Antidotes—Chamomilla, Nux vomica.

Colchicum autumnale (*Meadow Saffron*).—Used by homœopaths in gout, and various rheumatic affections. Antidotes—Cocculus, Nux vomica, Pulsatilla.

Colocynthis (*Bitter Apple*).—This is a medicine much abused by allopaths. It is a violent purgative, and produces many serious internal derangements by its continued use for that purpose. Homœopathically it

cures colic of the most violent spasmodic kind, nervous pain in the face, diarrhœa with griping round the navel, sciatica. Its antidotes are Camphor, Causticum, Coffea, and Chamomilla.

Conium maculatum (*Hemlock*).—This is a well-known poisonous plant, acting as a powerful sedative. Its homœopathic use will be found here in consumption and chronic pneumonia. Antidotes—Spirits of Nitre, Coffea, Dulcamara.

Crocus sativus (*Hay Saffron*) is a native of Persia, the medicinal properties residing wholly in the stigmata or threads of its flowers. Useful in croupy coughs, bleeding from the nose, and derangement of the monthly discharges. Antidotes—Aconite, Opium.

Cuprum aceticum (*Acetate of Copper*).—Prescribed here in Brain, inflammation of, hooping cough, and scarlatina. Antidotes—Belladonna, China, Ipecacuanha, Mercurius vivus, Nux vomica.

Cuprum metallicum (*Pure Copper*).—Both preparations of copper mentioned here have a powerful influence on the brain and nervous system, acting as a stimulant on them. They also affect the mucous membrane throughout the entire course. The metallic copper is recommended in cholera, both British and Asiatic, when it is accompanied with cramps, In epilepsy, and hysteria. Antidotes same as Cuprum aceticum.

Digitalis purpurea (*Foxglove*).—The juice of this plant is powerfully poisonous. Its action is peculiarly on the heart, first increasing and then diminishing its action. It acts also on the kidneys, the secretions of which it increases. It is much used by allopaths in many severe diseases, but requires to be watched with great care, as its depressing influence on the heart's action is sometimes exceedingly alarming and dangerous. Here it is recommended in only one disease—inflammation of the liver. Antidotes—Opium, Nux vomica.

Drosera rotundifolia (*Sundew*).—Much used in hooping cough, coughs which are long continued and spasmodic, and hoarseness. Antidote—Camphor.

Dulcamara (*Bitter-sweet*).—A well-known shrub which grows plentifully in our hedges. Used in coughs; useful in removing the bad effects of a chill, also in diarrhœa induced by cold or a chill. It is frequently prescribed in this work, and is a very valuable medicine to homœopaths. Antidotes—Camphor, Ipecacuanha, Mercurius vivus.

Euphrasia officinalis (*Eyebright*), recommended in many affections of the eyes and eyelids; also in measles and catarrh.

Ferrum aceticum (*Acetate of Iron*).—A very efficacious form for obtaining the effects of iron. It is used as a tonic in all cases of general debility, and also in removing the bad effects of Mercury and Bark.

Glonoine (*Nitrate of Oxide of Glycil*).—A medicine introduced to homœopathy by Dr. Hering, the author of this work. It is, perhaps, the most powerful exciter of the nervous system known to us, but has not been as yet much used in practice. Dr. Hering recommends it for violent headaches. A French physician has also recommended it in Sciatica. Antidote—Coffea.

Graphites (*Plumbago, or Pure Black Lead*)—tonic in its properties—is recommended here for various eruptive diseases; such as scald head, eruptions behind the ears, cramps, and sore nipples. Antidotes—Arsenicum, Nux vomica.

Hepar sulphuris (*Sulphuret of Lime*) is a medicine of great value in homœopathic practice. Its action extends nearly to all parts of the human system. It is especially valuable in promoting suppuration, and in exciting curative action in old or slow healing sores; also in eruptive diseases generally, in chronic catarrhal affections, hoarseness, swelled breasts, and in chronic diseases of most kinds. Antidotes—Vinegar, Belladonna.

Hyoscyamus niger (*Henbane*).—A narcotic medicine, valuable for allaying irritative coughs without much expectoration, sleeplessness, hydrophobia, and nervous excitement. Antidotes—Camphor, Belladonna, China.

Hypericum perforatum (*St. John's Wort*), an outward remedy for stabs and cuts.

Ignatia anara (*St. Ignatius's Bean*).—A medicine very similar to Nux vomica, being obtained from a variety of the same tree. It has, however, properties of a sedative character, which do not belong to Nux vomica. In all cases where the nervous system has been disturbed by sudden emotions, Ignatia is an efficacious remedy. It is also used in spasmodic attacks, and in most forms of gastric irritation. Antidotes—Arnica, Camphor, Chamomilla, Cocculus, and Pulsatilla.

Ipecacuanha (*Ipecacuan*), the root of a plant, a native of the Brazils, noted for its quality of producing vomiting. It is much prescribed by allopaths for that purpose, and also to produce perspiration, being one of the component parts of the well-known "Dover's Powder." Homœopaths use it in Bronchitis, Asthma, Spitting of Blood, Diarrhœa, Coughs with vomiting, Cholera, Foul Stomach, and in Fever with Ague. Antidotes—Arnica, Arsenicum, China.

Iodium (*Iodine*).—A general stimulant of the glandular system. Prescribed here only in Croup. Antidotes—Camphor, Hepar sulph., Spongia, Sulphur.

Kali bichromicum (*Bichromate of Potash*).—A new medicine comparatively in homœopathic practice. Useful in Bronchial Affections and Neuralgia. Prescribed here in Croup.

Kali carbonicum (*Carbonate of Potash*).—This is the medicine which is the chief ingredient in the various potash waters, which are so much advertised by chemists. Persons of gouty habits, drink them largely with the view of correcting the acid secretions of the stomach. The effect is, a deterioration of the blood, which becomes thin and poor, and a condition of body induced favourable to attacks of Scurvy, cold, severe dropsy or constipation. Homeœopaths prescribe it to cure these diseases; also scarlatina, and pleurisy.

Lachesis trigonocephalus (*Lance-headed Viper*).—The poisonous secretion of the fangs is the part of the reptile used as medicine. It is difficult to be procured, but homœopaths using nearly all their medicines in very minute doses, sufficient has been obtained to show that this poison is one of the most valuable agents known to medicine. It is employed in most diseases depending on derangement of the nervous system; also in affections brought on or induced by changes of weather. It is peculiarly indicated in melancholic and debilitated constitutions. In long standing obstinate catarrhs, chronic tendency to constipation, chronic palpitation of the heart, chronic cold with stoppage of the nose; also in tertian and quotidian fevers its value is very marked. Antidotes—Arsen., Bell., Nux. vom. and Rhus tox.

Lobelia inflata (*Indian Tobacco*).—A medicine but lately introduced to medicine, its use being most marked in paroxysmal asthma, accompanied by oppression and general constriction of the chest; respiration short and laborious, and frequent short dry cough. Antidotes—Camphor, Ipec., Stramon.

Lycopodium clavatum (*Club Moss, or Wolf's Foot*).—A medicine, like Læchesis, very beneficial in derangement of the vital powers. Useful in habitual constipation, depending on debility of the system, in Chronic colds; morbid fœtid secretions from the nose; gastric derangements; Inflammation of the liver, and rheumatism. Antidotes—Camphor, Pulsatilla, Mercurius, Sublimates corrosivus.

Mercury (*Corrosive sublimate, or Bichloride of Mercury*).—This is the most active of the many forms in which Mercury is used; undiluted it is highly poisonous, but its taste is so acrid and nauseous, that mistakes seldom occur in its use. It is here recommended in dysentery only, the symptoms which indicate it being straining and colicky pains, vomiting of bilious matter, and bloody mucous mixed with the evacuations of the bowels. Antidotes—White of Eggs, Hep., China.

Mercurius vivus (*Quicksilver*)—the form of Mercury which Dr. Hering prefers to the more commonly used Mercurius solubilis. Mercury is generally called an alterative, and perhaps the term is as a correct one as can be found, whether allopathically or homœopathically used, to describe the character of a medicine so universally used and so varied in its action. Homœopaths prescribe this medicine in liver affections, with fever and pain under the right lower ribs. In sore throat, in diarrhœa, in colds, when the bronchial secretions are excited; swelling and inflammation of the glands; fevers of an inflammatory kind when there is a tendency to perspire profusely. Dropsy, erysipelas, scrofula, and various affections of the bladder. Chief antidotes—Arnica, Bell., China, Camphor, Hepar, Acid nit., Sulph., Mezerion.

Mercurius iodatus (*Iodide of Mercury*)—is now introduced in this the third edition, having been found useful in diphtheria.

Mezerium (*Mezerion*)—is much used to antidote the bad effects of mercury. It is here prescribed in faceache only. Antidotes—Camphor, Merc.

Natrum muriaticum (*Muriate of Soda*).—Useful in rheumatism, gastric affections, intermittent fevers, melancholy and hypochondria, chronic ophthalmia, derangement of the monthly period, swelled neck. The leading symptoms which indicate this medicine are attacks of restlessness, especially in the morning and evening, with nausea and weakness; soreness and lassitude of the limbs; desire to sleep during the day; sometimes heat of the body with burning thirst; melancholy with weakness of memory; painful confusion in the head; loss of appetite; water-

brash; teeth sore and sensitive to the air or touch; pains in the loins as if bruised; paralytic heaviness of the arms; wrenching pains about the thighs, knees, and legs. Antidotes—Arsonicum, Camphor.

Nitric acidum (*Nitric Acid, or Aqua Fortis*).—The most powerful and also the most useful medicinal acid. As a restorative from the effects of over much mercury and other medicines, it is of much value; also in some stages of consumption, in ringworm, sluggish sores either on the body or throat, in swelling of the glands, and in some urinary affections. Antidotes—Calc. c., Hepar.

Nux vomica (*Vomit Nut*).—Decidedly the medicine most used in all the Homœopathic Pharmacopœia. It is the fruit of a tree abundant in the Indian and adjacent islands, and from it Strychnine is obtained. The formidable character of the latter causes Nux vomica to be associated with ideas of danger; but it is not in its natural state a dangerous medicine, many persons having taken it with impunity in considerable quantities as a bitter. It is generally supposed that it is the chief agent by which brewers create the bitterness of the pale ale which is now so largely consumed, but some of them have denied the imputation. As a medicine its chief value is in restoring the tone of the nervous system, hence its general use in all affections of the head, stomach, and liver, which are most intimately connected with each other. In habitual constipation its effect is most signal, seldom failing by rousing the debilitated vital force of the bowels to cure the disease, and remove the need of purgatives of any kind. Individuals following a sedentary occupation, will find it peculiarly efficacious.

The affections of the head (which more prominently require Nux vomica) are, congestion of blood, either with or without sounds in the ears; giddiness, with sense of turning or wavering of the brain, especially if after food; confusion and bewildered feeling, principally in the open air; stupor and dizziness after intoxication or any other symptom depending on that cause; shifting neuralgic pains, megrim, and all derangements produced by mental excitement or over work of the brain.

Of the stomach—indigestion with vomiting of the food; indigestion with acidity and pain after food, also with bitter and acid eructations; want of appetite; nausea and desire to vomit; pain in the stomach and pressure, as if caused by a stone; mucous diarrhœa; obstinate constipation; painful and bleeding piles.

There are few diseases of any consequence in which this medicine is not found useful, either as a chief or secondary remedy, and it will be found prescribed in a great number of places in this work. Antidotes—Camphor, Aconite, Coffea, Pulsatilla.

Opium (*White Poppy*).—Another of those valuable medicines, which by abuse in its administration, renders it doubtful whether the injury it has done to mankind, morally and physically, does not surpass the good that has resulted from its soothing and curative effects upon disease. Not only have the populations of the Turkish and Chinese Empires been debased by its use, but many of the most valuable lives in Britain and other European countries have been shortened and sacrificed for the sake of the passing excitement or cessation of pain it produces. Too often the habit of using it as a stimulant has had its origin in the improper administration of it by the physician, who in his ignorance of the homœopathic law, which would point out to him the proper remedy to effect a cure, prescribes this deceitful palliative, the necessity for which, recurring again and again, begets a habit which undermines the moral and physical constitution of the patient. Used aright and according to the homœopathic law, Opium is, however, deprived of all its pernicious effects, and its powerfully curative qualities fully realized. In all affections of the brain and nervous system, depending or arising from excitement or moral causes, it is perhaps to be preferred to any other medicine. It is also almost equally valuable in torpor of the brain and nervous system, indicating a tendency to or threatening of paralysis or apoplexy. Also congestive fever affecting the head. In constipation, and that very severe disease of the bowels termed Ileus, it has been used with great benefit. Antidotes—Cale., Camph., Carb. veg., Hepar, Mere., Sulph.

Petroleum (*Rock Oil*).—This medicine may be used in skin affections, where there are large cracks on the surface, for chilblains and some gastric affections. Here it is recommended for offensive breath, and seasickness, for the cure of which latter it is much used. Antidotes—Aeon., Nux. vom.

Phosphorus—is here recommended in bronchitis, inflammation of the lungs, consumption, cholera, and some others of the most severe diseases known to medicine. In subduing inflammatory action of all the organs connected with respiration it is much relied on. It is also valuable in cases of physical and mental debility owing to excesses or exhaustion of the constitution from anxiety and over work. Antidotes—Camphor, Coff., Nux. vom., and Wine.

Phosphori acidum (*Phosphoric Acid*).—Used in similar complaints as the previous medicine, the indications which require one in preference to the other being too minute to be described in the space permitted here. Both are frequently prescribed here in the same disease, and the distinction may be learned by noticing the variety of symptoms which points

out the desirability of one rather than the other. Antidotes—Camphor, Coffea.

Platina (*Platina*).—Used as a medicine by homœopathists only. It is a useful tonic and stimulant, especially in young females of weakly constitutions. Antidote—Pulsatilla.

Pulsatilla (*Meadow Anemone*).—The plant from which the medicine is obtained, the Pulsatilla Nigricans or black Anemone, a native of Central Germany. The Meadow Anemone of this country has little or no medicinal properties. This medicine is much used. It is especially useful to persons of a mild, phlegmatic temperament, and young females with fair hair and weakly constitutions; it is also very efficacious in correcting some gastric derangements, particularly such as have been produced by indigestible or too rich food; irritation of the bladder with inclination to make water too frequently; styne on the eye; bowel complaint, with discharge of mucus; headache, confined to one spot like megrim, with loathing of food and feeling of sickness. Pulsatilla is one of the most useful medicines of the Homœopathic Pharmacopœia, and will be found prescribed in a great many places in this work. Antidotes—Chamomilla, Coffea, Ignatia, Nux vomica.

Rheum Palmatrim (*Turkey Rhubarb*).—Rhubarb is used extensively in allopathic practice as an aperient and stomachic in the form of pills, powder, and tincture. Its action is chiefly on the mucous membrane of the stomach and bowels. Homœopathists have found it very efficacious in curing the diarrhœa of children, where the evacuations are acrid, slimy and of a greenish colour. Antidotes—Camphor, Cham., Nux vom.

Rhus toxicodendron (*Poison Oak*).—Another valuable medicine unknown to allopathic practice. It is valuable in rheumatic affections affecting the tendons, synovial ligaments, and membranes of the joints. In paralysis, erysipelas, red eruptions on the skin appearing in blotches; stiffness and debility resulting from a sprain, dislocation, concussion or any other mechanical injury; fever and ague, neuralgie wandering pains in the head, and many other diseases. Antidotes—Bryonia, Coffea, Sulph.

Ruta graveolens (*Garden Rue*).—Used in wounds and bruises. It acts as sedative on the nervous system, and is efficacious in allaying the pain and nervous excitement consequent on these disasters. Antidote—Camphor.

Sabina (*Savine*).—Used in miscarriages and profuse discharge at the monthly period, accompanied by severe pains in the loins and great weakness. Best adapted for females of full habit of body. Antidote—Camphor.

Sambucus nigra (*Elder Flower*).—Useful in spasmodic asthma, croup, and hoarseness, with deep, hollow, dry cough, which occasions catching of the breath, or with yawning, uneasiness, and thirst. Antidotes—Arsenicum, Camphor.

Sarsaparilla (*Sarsaparilla*)—is much used by allopaths as an alterative, especially to correct the bad effects of Mercury. It has long been questioned whether it has any effect beyond what is obtained from its nutritive qualities. It is here recommended in gravel. Antidote—Camphor.

Secale cornutum (*Ergot of Rye*).—Used by allopaths exclusively as a remedy against hemorrhage from the womb, and for expediting protracted child-birth, its action being in both cases to excite contraction of the womb. Homœopaths, besides employing it in these cases, recommend it in various other diseases, especially in cholera, when it is found sometimes to relieve the severest cramps when Veratrum and Cuprum have not succeeded. Antidotes—Camphor, Opium.

Senega (*Snake Root*).—Recommended in Consumption, and scarlet fever. Its action appears to be that of a sedative on the mucous membrane of the windpipe and lungs.

Sepiæ succus (*Inky Juice of the Cuttle Fish*).—A medicine of very considerable importance in homœopathic practice, used in many affections of females, when debility and derangement of the general functions are present. In skin diseases, such as scald head, ringworm, &c. Colds of long standing, bronchitis, when there is copious secretion of a saltish taste and an increase of cough in the morning or evening, sty, sea sickness, and many other minor complaints. Antidotes—Aeonite, Vinegar.

Silicea (*Pure Flint*).—This medicine in its action resembles that of a pure stimulant, being found useful in all diseases when weakness of constitution, either natural or produced by excesses, may be counted the cause. Hence it is used for all scrofulous diseases or tendencies, consumption, weakness of the bones in young persons. Like most other homœopathic remedies it is found useful in many complaints besides those which form its leading sphere of action, and in these pages it is prescribed in a considerable number of cases. Antidotes—Camphor, Hepar.

Spigelia (*Pink Root*).—Spigelia is prescribed here, in colds, accompanied by pain in the region of the heart, faceache, dropsy, and Rheumatism. It is besides a medicine of great value in the hands of the physician in the cure of heart diseases of various kinds. Antidote—Camphor.

Spongia marina (*Sponge*).¹—Valuable in croup, bronchitis, (after Aconite,) inflammation of the windpipe, and hoarseness. Antidote—Camphor.

Stannum (*Tin*).—May be described as a tonic and stimulant. Its range of action is limited, and is here recommended in bronchitis, when there is great expectoration, consumption, and gastralgia. Antidotes—Coffea, Puls.

Staphisagria (*Stavesacre*).—A good medicine for various kinds of nervous disorders,—also in relieving the pain attending cuts or bruises. It frequently relieves the most severe faceache, when that is of a purely nervous character. Useful also in relieving palpitation of the heart, nervous tremors, and the effects of mental excitement of a painful nature. Antidotes—Ambra., Camphor.

Stramonium (*Thorn Apple*)—is an anodyne and antispasmodic. It has been long known to the Arabs as a powerful medicine, and is recommended by them to be smoked like tobacco for asthma and various chest affections, but the practice is attended with more danger than advantage. Homœopaths recommend it for convulsions, epilepsy, lock-jaw, hysteria, and inflammation of the brain.

Sulphur (*Sulphur*),—though used by allopathists only in skin diseases, is a medicine possessing a very extensive range of action. Homœopaths find it one of the best remedies for removing the effects of overdosing which they have so often to contend with in patients who have been under allopathic treatment, especially where the remedy has been Mercury. Very generally it is sufficient for the cure of toothaches and faceaches, which persons who have taken Mercury are subject to, and it should be prescribed first in all cases when abuse of Mercury appears to be the exciting cause. In lymphatic constitutions, with a disposition to eruptions or glandular enlargement, it is an excellent tonic and corrective. It is also indicated in liver disease, with chronic enlargement of that organ, chronic local inflammations, nervous debility arising from excesses, or from excitement. Skin affections, constipation, chronic rheumatism, colds, and the secondary stages of many of the most virulent diseases. It is

prescribed in innumerable places in these pages. Antidotes—Aconite, Camphor, Mercurius, Nux vom., Pulsatilla.

Sulphuric acid (*Oil of Vitriol*)—is recommended here only in removing the effects of drinking to excess. Antidote—Pulsatilla.

Symphytum officinale (*Confrey*).—Useful as an outward application in fractures and broken tendons.

Tabacum (*Tobacco*).—Recommended here in sea sickness, but it has considerable power in relieving many nervous derangements. It is, however, but little prescribed, owing perhaps to the general use of it as a sedative by smoking, destroying its efficacy as a medicine in so many persons. Sir Benjamin Brodie has lately in the *Times* pointed out the disastrous effects of smoking this powerful medicine, but unless his efforts be continued and aided by the Press, it is doubtful whether the mere knowledge that liability to apoplexy, blindness, heart disease, paralysis, hypochondriasis, mental imbecility, and physical prostration is engendered by its use, will have much effect in checking the indulgence of this unnatural and demoralising habit. Antidotes—Camphor, Ipec., Nux.

Tartarus emetic (*Tartrate of Antimony or Tartar Emetic*)—possesses most of the properties of the other form of Antimony, but is more powerful as a medicine. It is much used as a remedy in croup, bronchitis, inflammation of the lungs, scarlet fever, and small pox. It is also useful in stomach derangement when there is foulness of the tongue and inclination to vomit. Antidotes—Cocculus, Ipec., and puls.

Teucrium mare (*Cat Thyme*).—Recommended for polypus in the nose and ozena. Antidotes—Camphor, Ignat.

Thuja occidentalis (*Arbor Vitæ; or, Tree of Life*).—Recommended for small pox. It is also used as a local application for the removal of warts.

Urtica urens (*Stinging Nettle*).—An external remedy in burns and scalds, and for itching of the skin and nettle rash. Antidote—Vinegar.

Veratrum album (*White Hellebore*).—One of the best remedies for Cholera, whether British or Asiatic, when the pain and cramp are severe. It is prescribed in many other affections that have spasmodic symptoms accompanying them, such as asthma, general cramps of the body, epilepsy, fear, fever and ague, gastric inflammation, vexation, and rheuma-

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